NIAGARA NEWS

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16 pages

NIAGARA COLLEGE
of Applied Arts and Technology
WELLAND CAMPUS
LEARNING
RESOURCE CENTRE

Yvette Bisson, blood donor chairman, far left, and John Saso, college president, far right, present blood donor awards to students in the cafeteria April 13. From left, Greg Way and Jack Halliday, ambulance and emergency care students, Belinda Rose and Charles Crumb, law and security administration students, accept the awards while David Schleich, vice-president academic, looks on.

Photo by Kim Morphew

Dale Deloughery elected president

Rob Burwash may seek vice-president athletics post

By TROY CLARKE
Staff Writer

Niagara's student body elected a two-term Student Administrative Council veteran as its president, and a newcomer as its vice-president external April 16.

A close race saw Dale Deloughery, vice-president external, defeating Rob Burwash by 41 votes to gain the presidency. Rob attributed Dale's victory to his last-minute campaigning.

Three other candidates obtained their posts by elected acclamation earlier this month. There was no candidate to fill the vice-president athletics post. A byelection will be held in September to fill the position.

Turnout at the polls was up by 12 from last year to 274 voters. There were three spoiled ballots.

Kristen Sorensen, first-year Law and Security Administration, defeated Dan Lesveque by 53 votes to gain the external post.

Kristen, who prodded students to vote, said, "I'm glad all the nagging paid off." Kristen thanked Dan Lesveque, first-year General College student, for running a fair race. She said she will consult Dan about external affairs next year.

Meanwhile, Dale, second-year Human Relations student, said he did not expect the race to be as close as it was. He expected to win by a bigger margin. He said the close result shows the students have more school spirit.

"Hopefully, it will keep getting better."

Dale ran an extensive campaign during the last few days of the race. He gave students cookies and carnations. His election signs were seen throughout the college.

In the meantime, Rob said he won't rule out the possibility of running to fill the vacant athletic post. He said he wants to get involved at the college.

"I'll have a little more experience next year."

Three students elected by acclamation are: Sue Harvey, executive vice-president, Nancy Grimminck, vice-president internal, and Steve Berketo, vice-president social affairs.

Blood donations up thanks to students

By KIM MORPHEW
Staff Writer

Two blood donor trophies were received by students in Law and Security and the Ambulance and Emergency programs April 13.

The presentation of the Corpsuckle Cup and the Bud Blood Drop, Jr. trophies was made in the Black Walnut cafeteria by John Saso, college president. Originator of the Corpsuckle Cup was Eugene Maltais, politics instructor; creator of the second trophy, Bud Blood Drop Jr., was Jan Potton.

The trophies were started to help donations which dropped off in past years. The original trophy was stolen so a new one is now given. The second trophy was created because some programs have larger numbers and can donate more blood.

"To SAC, thank you for organizing the clinics," Yvette Bisson, blood donor chairman, said. No Student Administration Council representative was on hand to accept the appreciation.

Ambulance and Emergency Care program had the highest per cent donation rate with 57 per cent. The first-year Law and Security Administration program had the highest number of actual donations with 81 pints.

Mr. Saso said the trophies served their purpose to increase volunteering. "Volunteerism will be more important than ever before to the community."

NEWS FINAL

This is the final edition of Niagara News for the 1991-92 school year, produced by the first-year Journalism-Print program's students. Publication will resume at the end of September 1992.

October plan

College offers helping hand to students seeking better grades

Pilot course begins in May; study skills to be taught

By TANYA HVILIVITZKY
Staff Writer

Niagara College is offering a helping hand to students to help them become more successful in their studies.

A pilot for the the Master Student course will be offered in May, Brian Keppy, college instructor, said. The new course is part of the Master Plan established by the college Board of Governors.

One of the reasons for the high level of attrition is that some students haven't been taught the skills needed to be successful students, said Mr. Keppy, who will be teaching the course.

"The intent is to identify the unsuccessful students before they become frustrated and withdraw and provide them with the skills to be successful."

The course is scheduled as part of an October Plan in the Fall '92 term and will gradually become part of various programs, David Schleich, vice-president academics, said.

Students will be taught skills to deal with reading, notes, tests, memory, creating, health and money, time and resource management.

The first session will run from May 4 until May 29, Monday to Friday, 8:30-11:30 a.m. The college has waived tuition for the May course.

"The pilot course is to see how students react and how useful it can be," Mr. Schleich said.

In the October Plan, students having trouble in their courses will be identified by their instructors and the course suggested to them.

"This is meant to be voluntary so students do not feel compelled to take it," Mr. Schleich said. "We want it to be casual, relaxed and supportive."

To sign up for the May course, students must first purchase the Master Student textbook from the college bookstore and complete the application form provided with each book. The registration should be taken to Mr. Keppy (S210F/ ext 7742). The course will be held at the Welland Campus.

Inside the News

Tolls return?

Ontario government contemplates highway toll. People's reactions are mixed. See page 2.

Talking shoes

"If shoes could talk, each could tell its own individual story," Shoe tree owner says. See page 7.

Reflections

"Theatre is a mirror that reflects what's happening at the time," Brock student says. See page 9.

Ozone danger

Ozone: You can't see it, because it might not be there. See how to avoid skin cancer this summer on page 12.

Logo contest winner

Konrad Sauer, winner of a contest held to create a logo marking the 25th anniversary of Ontario's colleges of applied arts and technology, explains his logo design to Richard Allen, Minister of Colleges of Universities. Holding the design is Mr. Sauer's teacher, Vince Sowa. Looking on is Richard Johnston, chairman of the Council of Regents.

Photo by P. J. Hoeffler

Bruce Trail celebrates 25th

By JACQUIE BUTLER
Staff Writer

You're invited to a party!

The Toronto Bruce Trail Club will celebrate the trail's 25th anniversary and Canada's 125th birthday July 1 at Scotsdale farm.

The farm, on Highway 7 north of Trafalgar Road, will be the site of "a variety of hikes and nature walks," says a Bruce Trail Association press release. Hikers should plan to arrive for a hike at 9 a.m. and return for a reasonably priced lunch at 1 p.m.

Ceremonies will begin at 2 p.m. The Credit Valley Conservation Authority and the Niagara Escarpment Commission are among the organizations thanking those who have contributed to the Niagara Escarpment Preservation Program. A new trail will be opened, an interpretive sign will be presented, and a draw will be held for a limited edition wildlife print.

For more information, call 1-800-665-HIKE.

Ontario drivers, beware

Government may impose tolls

TROY CLARKE
Staff Writer

Peter Kormos says he is interested in hearing from people about the possibility of tolls.

The travelling public may have to reach into their pockets in Ontario if the provincial government installs toll booths on major highways.

Transportation Minister Gilles Pouliot told the Ontario Legislature April 8 revenues earned from the tolls would be used to pay for road construction.

As reported by Canadian Press, James Wallace, president of the Ontario Road Builders' Association, said toll booths work well in the United States, where they are used to pay for highways and bridges, and they could work well in Ontario.

The Burlington Skyway, across the entrance to Hamilton harbor, completed in 1958, was the first toll road constructed in Ontario since 1919.

Toll booths were last used in Ontario in 1973, when booths were closed at the Burlington Skyway and the Garden City Skyway in St. Catharines.

Peter Kormos, 40 year-old Welland-Thorold MPP, said he is old enough to remember the tolls on the two skyways. He said they were removed because the two bridges were more than paid for.

Mr. Kormos said he recognizes the need for some sort of revenue generator for Ontario's highways. He said he is interested in hearing from people about the possibility.

Brian Keppy, Niagara College instructor, said he is "philosophically against charging tolls on highways." He said people should have to pay for the "potential to use" highways. He said he believes if the government is going to switch to a user-pay system, it should do the same for all public services.

"Be consistent or don't do it."

Glenn Lane, first-year Interior design student, said he thinks toll booths "would just cause more congestion on already crowded highways."

Amanda Matthews, first-year Fashion Arts student, said tolls would add to the cost of attending school. Amanda said she would just find a different route to go to school from St. Catharines if tolls are legislated.

"It's just going to be too much," says Joe Lycett, first-year Administrative Accounting student. "It depends where they put the toll booths. Maybe if they spread them out."

Mike Scott, first-year Mechanical Engineering, said he thinks tolls would be a good idea. He pointed to the tolls in the United States. "They're going to have to make money somehow. It may cut down the tax burden."

Some students think Canadians are paying enough taxes already. Jack Driedger, first-year Radio and Television broadcasting student, said he thinks Canada is the most over taxed country in the world.

Steve Berketo, second-year Radio and Television Broadcasting, said taxes already go to road repair.

"They say our tax dollars go to highways, so there is no need to put up a toll. But if they want to lower taxes, I say let's do it."

"It'll deter people from using the highways," says Fernando Colavecchia, third-year marketing student. "It'll force them to find other sources of travelling such as buses or trains. It will cause less environmental damage."

Cory Vandongen, first-year Business Administration student, said he thinks the tolls are a bad idea. "If you put toll booths all over, it will increase fuel consumption."

College applications on the rise

By SUE HARVEY
Staff Writer

The numbers continue to rise. Acceptence letters have been sent out, while applications are still arriving.

To date, more than 10,000 applications have arrived at the college, with five months to go before the deadline.

Ivar Noren, registrar, said the majority of the applications are from high school students.

Technology and computer courses fill up quickly, he said. Almost every business relies on computer skills, and Niagara has "no problem filling up the classes."

Mary Petruzella, admissions officer, said there is a large number of applications for second year. Direct entries are people who have been in the workforce or who have attended college or university and have applied to Niagara.

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Niagara College

Tecumseh Foyer
Welland Campus

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Two chefs win certificates , NITAC funds program

By KAREN KRANJAC
Staff Writer

Two faculty members from the Hospitality and Tourism Centre in Niagara Falls received The Canadian Federation of Chefs De Cuisine certificate at a dinner April 14.

The certificates were awarded to Darrell Firby and Keith Longster, instructors at the Hospitality and Tourism Centre.

The program is available to those who have a journeyman cook certificate or equivalent and eight years of industry experience, including a minimum of two years as a chef or sous chef.

The Chef de Cuisine Program involves theoretical and practical seminars, self-paced learning packages, three-hour written exams and a two-day practical examination, for a total of 96 hours. This program is an across-Canada one.

The Niagara Industrial Training Advisory Corporation funds the program, recognized in the industry as the highest certificate achievable, Stanley West, co-ordinator Culinary Program, said.

NITAC funds the training for the industry and reduces the cost for those taking the Chef de Cuisine Program. The student is expected to cover the examination and administration fee of $500.

About 30 people attended the dinner to honor the two faculty members, in the dining room at the Hospitality and Tourism Centre.

Many people attended a dinner prepared and served by students from the Hospitality and Tourism Centre. Faculty members Darrell Firby (left) and Keith Longster display dishes of duck and rhubarb as part of their food preparations before receiving their Chef de Cuisine certificates at the centre April 1.
Photo by Karen Kranjac

Tom Busnarda

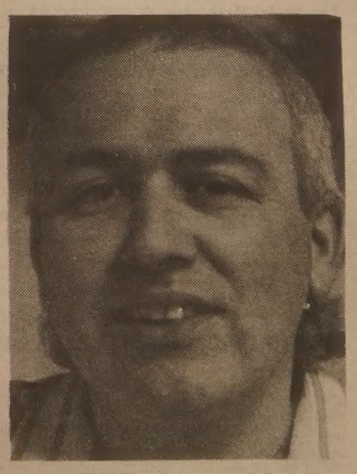
To seek doctorate

By JENNIFER BARR
Staff Writer

Human Relations students will notice a change when they return to classes in September. Tom Busnarda, Human Relations coordinator, after 10 years at Niagara College, is going on sabbatical leave to obtain his doctorate in education.

Mr. Busnarda will attend the Ontario Institute for Studies in Education at the University of Toronto, where he will major in history and philosophy.

The course will help him to understand the community college focus, he said. Some of his goals are to discuss Vision 2000, masterplan for colleges for the end of the century, to look into better teaching methodology and to find ways to improve the role of community colleges in Ontario.



TOM BUSNARDA

Mr. Busnarda said, while he feels somewhat selfish in doing the studies, he hopes something of value will be contributed in his college teaching when he returns in September 1993.

"I feel privileged," Mr. Busnarda said. "It's an opportunity that isn't presented to many people in this culture."

Waiting for bash

By NICK PHILLIPS
Staff Writer

The Niagara College Year-End Bash is being held at Smart Alex, on April 23, 1992. The entertainment for the evening will be supplied by the local band, Waiting for Jane.

The band has been playing regularly at many of the clubs in the Niagara area, gathering a steady following of fans along the way.

Waiting for Jane was formed at E.L. Crossley Secondary School, Fonthill. The band members range in age from 21 to 23 years.

Waiting for Jane consists of Rob Lane, vocals, guitar; Griag Rewbury, bass, vocals; Phil Wellman, guitars; Steve Goode, keyboards, vocals, and J. C. Campball, percussion.

Last year the band released its debut CD, Independence. This CD includes a collection of nine original songs which stand out as strong as any cover song they've ever played.

Region may extend day care by 2 weeks

Time to look for work

By KIM SHEPPARD
Staff Writer

The Niagara Region may extend the subsidy program for day care by two weeks to give students who have children subsidized by the region a month to look for employment. If students stress the fact that they will be returning to school in September it may help.

This is according to Debbie Bent, manager of a day care in St. Catharines.

From September to May students with children have made arrangements with babysitters of daycare. Some child care expenses are paid by Ontario Students Assistance Programs. When a child is subsidized by the region or the ministry the subsidy lasts only as long as the parent or parents are in school. Child care costs are expensive and students can't afford to keep their child in daycare without some assistance.

When a child is subsidized by the Niagara Region Social Services Department the child care costs are paid for 100 per cent while the parent or parents attend school. At the end of April the parent or parents are allowed two weeks to find some kind of employment; if they are unsuccessful the subsidy is terminated. If this happens then the child's name goes back on a waiting list until a spot, and funds, are available. The regional daycare subsidy program has about 700 names on it at any given time.

Niagara College has a day care program available for students and staff who have children. As of January 1992 the program was approved by the Ministry of Community and Social Services. This means that the ministry will provide subsidy to families in need of assistance. This subsidy program is still in its infancy but the manager said she thinks the guidelines for subsidy will probably follow closely to the region and that subsidy may not be available to people who are not working through the summer months.

Year-long adventure at Calgary college

By ARLENE ARCH
Staff Writer

There is a reason for the smile on Elaine Spark's face these days. The college financial aid officer will embark on a year-long adventure.

Ms. Spark and Allison Laureshen, financial aid officer at Mount Royal Community College in Calgary, Alta., will exchange places for one year, beginning Aug. 1, 1992. The purpose of the staff exchange is to learn how another province deals with financial aid. Ms. Spark expects to gain a wonderful learning experience and professional growth from the trip.

Ms. Spark is going to learn new information and fresh ideas, "perhaps a new way to deal with the excessive paper flow." Ms. Spark says she believes the trip will benefit her personally.

Ms. Spark has been the college financial aid officer for nine years. Before that, she worked in the school of applied arts, the school of business and was the office manager in Continuing Education. She has been with the college for 16 years.

Her responsibilities range from handling Ontario Student Assistance Program applications to being in charge of the awards ceremonies. "Simply put, it's a busy office."

She says she believes her duties at Mount Royal College will basically be the same, although the methods may vary because she is in another province. The college itself is located in southwestern Calgary. It is the largest college in the Alberta system, with 7,000 full-time post secondary students. It has a conservatory of music and continuing education programs.

"...a new way to deal with excessive paper flow."

Ms. Spark

Besides exchanging places of employment, the two financial aid officers will switch apartments. For the next year Ms. Spark will be living in Ms. Laureshen's apartment in Calgary, just minutes away from the college.

Ms. Spark does not appear at all nervous about being so far away from home. Rather, she seems noticeably excited and confident about her trip. It is that confidence, coupled with her evident abilities as a financial aid officer, that will enable her to excel in her endeavor.

Editorials

Left feeds the right
A slow process in fairness

In Ontario, some feminists and their allies in the socialistic-left NDP government are pushing for job equity laws that amount to prejudice against white males.

If this small group's answer to social injustice is a form of selective racism, then should society find it surprising that white males are joining the ranks of the far right?

But why are the feminists and socialists feeding the racist far-right?

The reasoning behind why they want to legalize discrimination is weak. They say that for too long the forces of prejudice have been one-sided in favor of white males, and that now prejudice against white males is necessary to correct the systemic flaw.

Since when did two wrongs make a far right?

Granted, society has been dominated by white males for too long, but the unraveling of prejudice is a long, complicated process. New forms of discrimination are hardly going to help society disentangle itself from the claustrophobic net of prejudice that it has floundered in for so long.

What is needed is dialogue and education, respect and fairness. Enforced fairness can never be truly fair. Society will only move itself towards fairness by slow degrees.

What the left is proposing is nothing short of the solutions to society created by Lenin, Stalin and company. They wanted a politically correct society, so they used ruthlessness, discrimination and the law to achieve it. All the time, they reminded themselves that the pain they were inflicting was all for the Cause.

Is that what the left wants? A politically correct society vintage Russian style? A society that discriminates legally in the pursuit of a higher goal: Equality?

Doesn't the left see that by going too far, too fast, and using force to implement its doctrine, it is polarizing the political spectrum, thereby destabilizing the democratic process?

And not only are they telling the public that it is okay to discriminate, but they are pushing parts of the public towards a racist far right of which they would otherwise have no part.

Stuart Krick

Hope for the best
Students worry over OSAP

The stress of school and homework is almost over, but the pressure is on for students to find a summer job to pay for next year's round of stress.

Some students will apply for OSAP and hope for the best. But, anyone who has applied knows how difficult it is to get enough money from the government to pay for a year's worth of tuition and rent. It is hard enough to get OSAP in the first place. As for the job situation, things don't look hopeful for students.

A lot of seasonal places, such as golf courses, canoe clubs and hotels, have already hired the help they need. Many employers have hired the staff they had last year. If students haven't applied for these types of jobs already, they are going to find job hunting a real challenge this year.

It doesn't look good for students coming back to school in September who need at least half their increased tuition paid by Aug. 1. For people lucky enough to get OSAP, Bob Rae will look after their tuition increases. For those who don't, Good Luck!

Students graduating this year with OSAP loans to repay have six months before they have to start paying them back. It's hard to pay when one's unemployed, especially when the next surplus of jobs won't be for another 10 years when the many Baby Boomers are retired. That's a long time to wait for a stable job.

The recession has taken a toll on everybody and there is no such thing as a recession-proof career. Students may have to rough it for years after they graduate. It isn't an exciting thing to look forward to after graduation.

September will be here before we know it. Along with the falling leaves and cool weather will be the worries of money. There isn't much students can do except search really hard in every possible corner and hope for the best.

Good luck to all, and to all a good summer!

Sheri Goodman

Niagara News

The Niagara News is a practical lab for the Journalism-Print program, covering the college community and other areas of interest. Opinions expressed are not necessarily those of the management of the Niagara College.

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Letters

Apologizes for stunt

Dear Editor:

We would like to formally apologize to the school for not asking permission to use the parking lot for our 97.7 HTZ-FM "Super Dennis" stunt. The vice-president (administration Hans van der Slagt) is correct in stating that our stunt was dangerous, but we took every safety precaution possible. We would like to discourage other students from attempting such stunts. Finally, it was our own shortsightedness for not asking the school's permission.

Apologetically yours,
Jason A. C. Lowe
Electronics Engineering Technology

Bullpit

College forgets Earth Week

By SAMANTHA MAGILL
Staff Writer

It seems that events are taking place all over the province for Earth Week — except at Niagara College. The Student Administrative Council was unable to receive funding; nobody knows that it is Earth Week.

However, there are spring festivals and Earth Week celebrations happening in many Ontario cities. From Windsor to Ottawa, and up to Sudbury, many people are getting involved in Earth Week.

Activities include tree planting, community clean-ups, parades, environmental displays, return of spring ceremonies, nature walks, free public transit, lessons on recycling, and more.

All of these activities have a positive effect on the environment and people should involve themselves. Not only is Earth Week good for the environment, but for people, too, because it is fun being involved with others for a good cause. Interaction with people and the help given by all are what will improve our environment.

How much funding does it take to round up a handful of people from the college, or anywhere for that matter, and plant a tree, clean up the campus, collect paper, or perform any environmental task?

So, here goes: To any of you reading this article, please recycle this newspaper when you are finished. What about picking up papers in the halls, if you see them lying about, and tossing them in the recycling bins? Better yet, tell anyone you see throwing garbage, other than paper, into those recycling bins that the bins are not for garbage!

Earth Week is from April 19-26. Why not start now and make every day an Earth Day by being more environmentally cautious?

For any of you interested in the activities in the Toronto area this week the phone number is (416) 962-1991.

Stolen freedom

By KATHERINE AGNEW
Staff Writer

With Kristen French's horrifying disappearance, society is once again jolted to a stark reality for women.

Another freedom has been stolen.

For some time, women have been warned about the dangers of underground parking lots, changing tires by the side of the road and walking alone at night. But this time, the loss of Kristen marks the loss of freedom to security while walking alone at 3 p.m.

As family, friends, students and strangers join together to search for clues to Kristen's sudden disappearance on Thursday, April 16, haunting memories of the futile search for Terri Anderson five months ago taunt us. This newest tragedy seems frightenly familiar.

Volunteers, carrying trays of pizza and homemade sandwiches, make an attempt to conquer the feeling of helplessness that is plaguing society.

Over a thousand people joined together with one purpose in mind; to bring this young woman home.

After the massacre of 14 women in Montreal, the death of little Kayla Kladusez, Nina DeVilliers, and Leslie Mahaffey, society can not afford to lose Kristen, too

If we do, the terror that has enveloped Niagara, will grow and paranoia and fear will overcome.

Focus

Alzheimer's affects mind

Victim's struggle felt by entire family

By KATHERINE AGNEW
Staff Writer

Aunt Roberta was a cross between the Queen Mother and Gloria Steinam. Even into her 80s, Roberta was a staunch advocate of the rights and role of women, but the ultimate lady and mastery of etiquette and tea parties. At least, she was for most of her life.

At 80, a remarkable age anyway, Roberta began to change. Although she lived on her own and was independent, little details were beginning to delude her. She was developing Alzheimer's disease. After being found crumpled on her bedroom floor, she was moved to the hospital and then to a care home. She never returned to her little white house and was never the same again.

Studies conclude that Alzheimer's disease cannot be cured. The disease has devastating effects on not only the victim, but on family and friends of the victim. A better understanding of this condition and its consequence enables caregivers to respond more effectively to the needs of loved ones.

Doctors have diagnosed Alzheimer's Disease as a progressive disorder of the brain causing loss of abilities in memory, thinking, reasoning, judgment, orientation and concentration. Little is known about the cause of this disorder, but research shows that nerve endings in the cortex of the brain, the outer layer of the brain controls higher functions, degeneration and disrupt the passage of electrochemical signals between cells.

Symptoms of the illness show up in many areas of how a person remembers and thinks. Problems with memory may be revealed as forgetting names, places, whether a bill has been paid, or something is said over and over.

Roberta could never remember names of her closest relatives, but would continually ask about the whereabouts of her big black purse. She was suffering memory loss, which, in turn, created a strong sense of insecurity and uncertainty.

Intellectual abilities are lost eventually. Reasoning with that affected person is not longer a successful way to understand and deal with her problems. Judgment about common everyday situations, such as dressing warmly in winter, is drastically diminished.

The individual's capacity to express herself verbally gradually shrinks. Neither is she able to comprehend what others say to her. The person may repeatedly talk about experiences from the past. Although the person's ability to recall experiences will become less reliable, she still may remember more remote material from the past.

Roberta attempted many times to walk out to the land where she had lived during her childhood. She could sit for hours, putting checkmarks up and down beautiful books, recalling her past as a school teacher.

Past material remains accessible to the person longer and can provide a more meaningful basis for self-esteem and identity.

Psychiatric symptoms such as delusions and hallucinations may occur. The person may become anxious, restless, or agitated, and may appear to be depressed. Her personality will change. In fact, she may not seem to be the same person.

It is difficult to look at a loved one and only receive a vacant stare in return.

How does one cope with watching a loved one deteriorate slowly? Adjusting to the reality of the disease is a complex and difficult process. Yet, some reconciliation with the disease makes it easier to handle the emotional and physical strains that Alzheimer's brings on relatives.

Dr. J.P. Teusink and Dr. S. Mahler, authors of Helping Families Cope with Alzheimer's Disease, identified stages that reflect the normal series of responses that families go through when confronted with Alzheimer's disease.

Denial:

Denial is a frequent defence and comes into play from the beginning. Beliefs about senility and old age lead the family to excuse the victim's forgetfulness and, therefore, help to sustain denial.

Overinvolvment:

The primary caregiver may try to meet every need of the affected person, become severely isolated, and refuse assistance or support from anyone else.

Anger:

Anger can be a result of the added physical and emotional burden caused by continued deterioration in the person and the caregiving situation. The dedication and sacrifices of the relative may not seem to have made any difference.

Guilt:

Guilt is a normal reaction to Alzheimer's. Guilt can arise from old conflicts, regrets and even the wish for death of their loved one.

Acceptance:

Acceptance is possible when the process of the disease and its effect on others is fully understood.

Experts firmly believe in the importance of calling upon community resources to help the caregiver. Resources such as health professionals, community mental health centres, and Alzheimer's family support groups. Such resources can allow the family to care for the Alzheimer victim at home for as long as possible. The physical and mental strain can be significantly reduced if all resources are used.

The impact of the disease is felt by everyone close to the victim. It is difficult to look at a loved one and only receive a vacant stare in return. But learning about the disease and its implications is important to move toward a more peaceful acceptance of fate.

Relatives should recognize that their loved one is no longer the person they once knew. Do not forget the old person, but take joy now in the simple pleasures in their life. Rejoice when for one minute their eyes register a flicker of recognition and grieve, but accept when they do not.

I can still see Roberta, with her splendid white hair and prim and proper ways, as she gently holds my hand and, in her other hand, she apprehensively clutches her big black purse.

Herbs relieve stress as alternate medicine

By SAMANTHA MAGILL
Staff Writer

Fifty years ago, nearly all the entries in the pharmaceutical drugs indicated herbal origin. Even today about 25 per cent of prescription drugs contain an ingredient derived from herbs.

Herbalists believe that safer, natural compounds can be found to replace the synthetic compounds that occur in about 75 per cent of prescription drugs which can have side effects.

Joanne Thatcher, a herbalist for Nature Sunshine Products for 10 years, says, "Herbal medicine recognizes humanity as an expression of life, within a life a force."

Herbs function through biochemical interactions and specific applications. They assist in the vital processes in the body. Herbs provide the body with minerals, vitamins, and other medicinal elements that help promote good health and prevention of disease.

"The whole body is connected to the nervous system," Mrs. Thatcher says. "If a disease is on a physical level it will reflect on a psychological level also."

With herbal medicine there are a number of ways in which herbs can benefit the nervous system and the whole body.

Stress itself cannot be treated, as it is a natural response to the circumstances that surround a person. The trick is to aid the body in its response. The herbal approach would be to ease the anxiety through nerve relaxants. The most effective herbs for this are lady slipper, lime blossom, mistletoe, and valerian.

The valerian root is a primary sedative and is used when sleep disorders are the result of anxiety, nervousness, headache, and exhaustion. Modern science has confirmed its actions experimentally. A German drug, valmone, containing pure substances from the root, can suppress and regulate the nervous system in patients with control disorders. It is a mild sedative used to help those who have tension and restlessness.

Valium, which has no relation to valerian, continues to be the number one prescribed drug today even though a safe, effective product like valerian is available.

Congratulations

Dear Editor:

Congratulations to the first-year journalism students on their first edition of the Niagara News.

The variety of stories indicates a wide range of interests. This diversity of interests constitutes a splendid preparation for the students' future journalism careers.

Thank you for the well-researched articles. I look forward to reading future issues.

Erika Church
Professor of English

Fundraiser

Seafood dinner reels in money

By KAREN KRANJAC
Staff Writer

Neptune, the God of the Sea, would have been proud of the Great Canadian Seafood Extravaganza Dinner overlooking Niagara Falls at the Victoria Park Restaurant April 10.

About 300 attended the buffet style meal which featured lobster, oysters, clams, snowcrab legs, smoked salmon, eel, trout, scallops, scampi, lake perch, pickerel, Arctic char, smelts, squid and mussels. Shrimp was the only entree served.

The fourth annual dinner, sponsored by the Niagara College Foundation to raise money for the Hospitality and Tourism Centre, Niagara Falls, gets better each year, some of those attending said.

The desert, made by the centre's students, was carrot cake, cheesecake, black forest cake and several different tortes.

The fish ice carving in the buffet room was carved by Marc Thompson from the Prince of Wales Hotel in Niagara-on-the-Lake.

Bill Steven's Dixieland Band provided music for dancing after the dinner.

The only sour note to the proceedings was the crowding of eight people to a table. With so little room, servers spilled red wine on some of the guests. More room was definitely needed.

Money for the hospitality centre was raised through the ticket cost and the sale of $1 raffle tickets. Prizes, including free sailing lessons, bottles of wine and ferns from the Horticulture Centre, came from all sections of the college.

Mary Anne Seppala, former chairman of the Board of Governors, was recognized for her dedication to the foundation and her contribution to the organization of the dinner.

Door prize donors were Criveller Candies Canada, Export Bound, Fortune Navigation Co., Kit Thompson Interior Design Consultant, Hoople Woodside Travel, Niagara College Sailing School, Niagara College Horticulture Centre, Masson Travel Service-P. Lawson Travel, The Old Stone Inn, Shaw Festival, Sheraton Fallsview Hotel and Conference Room.

Sponsoring wineries for the dinner were Andres Wines Ltd., Brights Wines Ltd., Cartier Wines and Beverages, Cave Springs Cellars, Chateau des Charmes Wines Ltd., Henry of Pelham Family Estate Winery, Inniskillin Wines, Reif Estate Winery and Vineland Estates Wines Ltd.

Film students enter Telefest

By JACQUIE BUTLER
Staff Writer

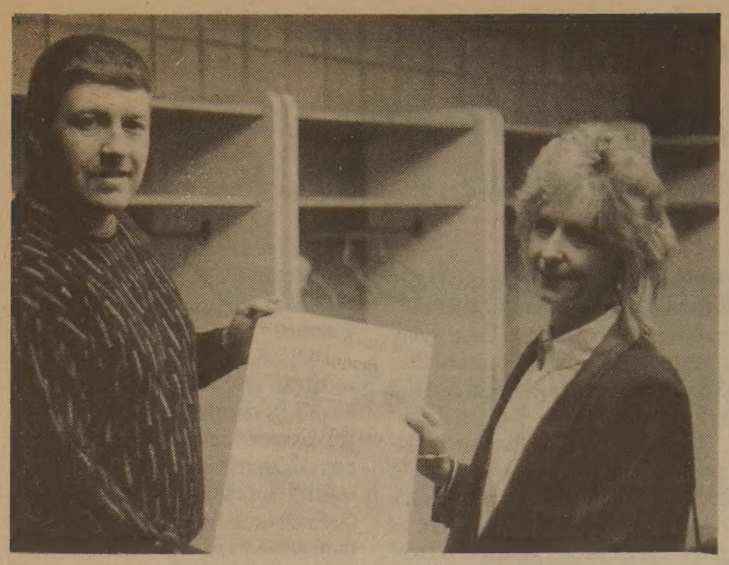
Seven Niagara College students are among hundreds of competitors from community colleges across Ontario entering TVOntario's Telefest competition this year.

Sherman Arnold, Paula Tymchuk, Barry McMann, Diana Phelps, and Peter Prystanski, third-year film, have submitted entries to various film categories, including long comedy, long fiction, and short documentary.

Ron Romeo, third-year radio, has entered a short documentary on dreams.

Tammy McMullen, third-year television, has submitted a long documentary, *The Passion and the Pain*, a video about abuse. Stu Black, co-ordinator of the Broadcasting-Radio, Television and Film program, has high hopes for Tammy's entry. "It's pretty powerful."

Mr. Black, most BRTVF faculty and the competitors will attend an awards ceremony May 5 at the Metro Convention Centre, Toronto.



John Hosgrove and Susan Egin, of Simply Defense, gave a seminar in the Hamilton Room on Tuesday, April 14 on assault prevention for women.

Photo by Stuart Krick

Assault prevention message of seminar

By JENNIFER BARR
Staff Writer

You don't have to be victims any longer, John Hosgrove, proprieter of Simply Defense, in St. Catharines, told a seminar on Tuesday, April 14. He said there are alternatives to becoming victims of assault.

Simply Defense, founded and researched by Robert Pelletier, provides total family protection, making it the leading authority for defence in North America, Mr. Hosgrove said. "We care about everybody."

The Simply Defense seminar, organized by the college security committee was to promote future seminars at small costs. The program will help participants deal with the fear of assault and develop the ability to respond.

The people who attended the seminar were actively involved and enthused about enrolling themselves or their children in the program.

Mr. Hosgrove said staff members at Simply Defense teach women, men, children, seniors, and the handicapped how to prevent themselves from sexual and other kinds of assault. Their organization is unique because it combines the psychological and physical aspect to assault prevention.

"Your mind is the greatest weapon you'll ever have," Mr. Hosgrove said.

Violence in today's society is at an all-time high, he said. It is the belief of this 12-year-old organization that society must take a proactive stance on violence.

The seminar briefly touched on the attitudes people should have, such as body language and eye contact.

Feeling fear is the first warning sign to let your body know something is going to happen, Mr. Hosgrove said. He said fear should be used as a positive feeling.

A phrase often used by Mr. Hosgrove throughout his talk was escape now to gain safety. "The trauma of rape will stay with you for the rest of your life," said Mr. Hosgrove. Simply Defense offers alternatives, depending on the situation.

Mr. Hosgrove told the audience why they should fight back. The thought of getting AIDS or becoming pregnant is terrifying. One of three rape victims becomes pregnant. The Young Offenders Act, sometimes described as having a day care atmosphere, doesn't bring justice to the assaulters. "My husband became the victim and I was made out to be the hysterical wife," a woman from the audience said.

HR looks to future

By JENN BARR
Staff Writer

The Human Relations Program at Niagara College is undergoing a curriculum review process in an attempt to meet the needs of students in the workplace in the 90s.

The process includes a review of faculty, student representatives, employers, and the advisory committee, to obtain a more clear focus of the program's future.

Tom Busnarda, Human Relations co-ordinator, said the program is unique in the college system, particularily at Niagara. Unlike most college programs, Human Relations gives a more holistic view.

The strength of the program lies in the wide range of career opportunities. Graduates of the Human Relations Program are qualified to work with people, he said. Graduates were placed in vocational rehabiliation, retail and industrial sales, and regional police. The problem with the layout is trying to find a focus. Second year is specialized in finding the path the student may wish to pursue.

Committee releases new safety guidelines

By DARIUS SOKAL
Staff Writer

A Health and Safety Guideline Manual has been published by the Niagara College Joint Health and Safety Committee and the safety manager, Mal Woodhouse.

The 24-page manual, first of its kind for the college, was distributed to all staff in January 1992. It outlines general safety rules and procedures. Safe equipment operation, lock-out actions and material handling are focused on in the manual for both housekeeping and office workers.

Among the committee's responsibilities are noting existing hazards in the institution, investigating accidents, making recommendations to the college for safety improvements and representing any worker who believes the job or environment he works in is unsafe. The members of the committee are made up of four people from each Ontario Public Service Employees Union Locals, 242 and 243 and four representatives from the college administration.

Mr. Woodhouse, college full-time health and safety manager, acts as an ex-officio member, co-ordinator, and adviser to the committee. Mr. Woodhouse says the committee connects the management and staff on issues of employee health. "Part of my obligation is to properly train the staff to make the workplace safer."

Although the booklet was written and distributed to employees of the college, it is available to anyone, including students. Mr. Woodhouse will provide copies.

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IF LINES ARE BUSY, PLEASE TRY AGAIN.

Entertainment

The waiting game

Bar-goers spend most of night in line

By ARLENE ARCH
Staff Writer

There's nothing more frustrating than waiting in line. Yet as summer quickly approaches hundreds of people will be doing exactly that.

With the warm weather slowly making its way to Ontario, bars across the province will be opening up their patios getting ready for the steady stream of customers that magically appear during those steamy summer months.

As college and university students return home for the summer the local bars seem to fill to capacity. Nightspots are filled with customers wanting to socialize, dance and drink excessively with no other goal in mind than reaching a drunken frenzy. People who are going to the more popular clubs for fun and good times soon realize that that's not all they're going to find there.

Approaching the bar you take your time finding a parking space because it's still early and there's no line-up. Just as you're stepping out of your car, appearing from out of nowhere, countless bodies race toward the door. You make a mad dash from the car to the line because you don't want to be further back than necessary.

Strangers at 7 o'clock, intimate friends by 9

You look at the people surrounding you. Most of them are strangers but by the end of your time together you will know them well. For the first little while standing in line isn't so bad. The warm summer air is comforting compared to the cold winter winds you stood outside in earlier this year. There's no fear of finally getting inside the doors wearing your heavy winter coat and realizing there's no coat check.

Dressed in colorful summer getups, you begin to observe the people around you more closely. New faces have suddenly appeared. The line-up seems somehow longer than what it was a few minutes ago and you are moving backwards instead of forwards. You realize that people have let friends in line. Since they're not friends of yours you are shocked and appalled that the bouncers are letting this happen.

Aaah, yes! Those pot-bellied bouncers who think they've finally found their calling that yell, "Line up against the wall," as if preparing us to go before a firing squad. With their stern looks and too-tight t-shirts they refuse to let anyone in, unless you happened to be dressed as a prostitute, in which case you get to bypass the line and go right in.

And what's a line-up without that one drunken person who just happens to be standing behind you screaming out loud, obnoxious comments to the crowd. Embarrassed, you shuffle closer to the people ahead of you so others will not think the drunk is with you.

Each time the doorman opens the door the crowd pushes forward, fighting to get in. By now, you can't tell your own body parts from those belonging to those around you. To make time go by faster, people started conversations with those around them. Soon you are all close friends and have shared personal, intimate secrets with one another.

As the entrance comes into view, people start making last ditch efforts to gain a faster entry. Lines such as "I have dinner reservations," or "My girlfriend is in there by herself and I have all her money," are being shouted from what has now become an impatient crowd.

Finally, you walk through the door and after paying the cover charge, you happen to glance at your watch. To your horror you realize there is only an hour left. As the words, "last call," fill the smoky air, you swear to yourself that tomorrow night you'll leave home a lot earlier.

Techno-rave hits Niagara nightclub

By TRACY HURST
Staff Writer

It's late Thursday evening and only getting later and your entertainment options are running out. This is just what Sean Rymer and Rick Farkas are waiting for. They want you to experience Purgatory: "the darker side of dance."

Still in the works, Purgatory is an experiment in the "techno-rave", a dance alternative for those who are tired of everything else that's out there. And you can only find it at Gord's Place at the Mid-town Hotel on James Street, St. Catharines, the first club to have a rave night in the Niagara Region.

"Gord's is known for bringing new styles of music in," said Sean, who DJs under the name Kaos. "Techno is what alternative is heading towards."

By definition, techno-rave is a harder form of alternative, dance music with an hypnotic beat and a lot of repetition, what Rick calls "hard-hitting, electronic, body music of the 90s."

Rave parties, which originated in Britain, sometimes went on for days. The rave-goers would mellow out with drugs and the music and dance all night, said Rick, who DJs at Gord's every weekend.

While the concept of Purgatory is still in its first stages, and attendance is sporadic, Andy Shapiera, assistant manager, expects that it will catch on in the coming summer months.

If success hinges on the team effort, then Gord's will be the place to be on Thursday nights, because the staff there agrees, "Sean and Rick are always in full flex."

Port Colborne tree keeper of 'lost soles'

By DARIUS SOKAL
Staff Writer

If the shoe fits, wear it. But what if it doesn't fit?

Port Colborne's shoe tree is covered from the ground to the tips of its branches with sneakers which really don't fit, but make an interesting sight for passing motorists.

The shoe tree was started by "persons unknown," says Robert Schibley, owner of the property. Since 1981, sneakers from all over Canada and the United States have been nailed to the tree on Highway 3, just west of Port Colborne. Although there are other shoe trees in the Niagara Region, the Schibley tree is the largest and most popular. It is the original shoe tree.

The shoe tree leaves an impression on tourists who pass through the area. It is believed to be the second most photographed item in the Niagara Region, next to Niagara Falls. Mr. Schibley says that tourists stop to take their pictures beside the tree on a regular basis, and always compliment him on the unusualness of the object.

The shoe tree may be classified as junk art. It uses items which would usually be thrown out and transforms them into an interesting showpiece. The tree is affectionately called "lost soles" (pun intended).

"If shoes could talk, each could tell its own individual story."

- Mr. Schibley, shoe tree owner

"If shoes could talk, each could tell its own individual story," Mr. Schibley said.

P.M. Magazine, an American journalism television program, featured the shoe tree on an episode on Boxing Day, 1986, in the Buffalo area. The show was aired nationally in the spring of the same year. The episode was one of the most popular with viewers, and was rerun at the end of the year.

Mr. Schibley encourages people, especially tourists, to leave their old sneakers, with their names, the year and where they are from, by the tree if they wish them to be nailed up. No hard bottom shoes or boots will be accepted, for the safety of motorists and pedestrians.

Now shoe trees have been spotted all over Ontario. Mr. Schibley has heard of shoe trees in Waterdown, west of Dundas, and as far north as Meaford, close to Orillia.

One day every community in Canada and the United States may have a shoe tree of its own.

And just think, it all started here.

Original music ignored

By NICK PHILLIPS
Staff Writer

Why is it that bar and club owners in the Niagara region remain stubbornly determined to book cover bands, and, at the same time, ignore independent bands that perform their own music? This seems to be a growing problem lately, especially for musicians who write their own material.

Unless you're a big name act, club-goers ignore your music. Who's to blame for this? Maybe it's the club owners who hire the bands that specifically play covers to bring in the clientele. Or maybe it's the general public that demands to hear the music it relates to.

Is it not the job of the disc jockey to play the top songs of the year and keep people on the dance floor?

The problem in this region is that there is a lack of any support for originality when it comes in the form of music.

There seems to be a fear in the minds of the club owners when they're confronted with booking original bands.

As Dominique Anton, owner of the Hideaway, located in St. Catharines, said, "Bands have to play what people want to hear, and we have to keep the money coming in."

It would appear that the public has the supreme control over what kind of music is supported.

If new and independent music is going to survive in this region, club owners as well as the club-goers must be willing to support them.

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Entertainment

Minnesota's Libido Boyz

Energy, humor make for excellent show

By BRANDON BAIN
Staff Writer

Home for the Libido Boyz is the small town of Mankato, Minn. Even without a big city push the Libido Boyz have a wide-spread fan base. They have done it with hard work, by releasing two self-released extended play records, two full-length albums by participating in numerous compilations and touring Europe and North America.

Even though their newest album, OPGU, on Red Decibel records, is a definite punk/alternative record, bassist Dave Begalka says he doesn't care for the term. "We don't classify ourselves as anything. We're in Mankato, Minn., and there isn't any kind of vibrant music scene. There's a couple of bands and garage shows but there isn't a real scene. We just play what makes us happy and throw all the labels to the wind. I think the isolation from the music scene, away from a lot of bands, helps us."

Band not limited by labels, gets wide-spread fan base

Punk music can be limiting for a band. If a band tries to do something different or branch out with new ideas they can be quickly called a sell-out. The Libido Boyz don't want to lose any fans but they don't feel limited in anyway.

"I think the only limitations bands have on them are the things that the listeners say," Dave said. "In this band, the four of us have very different musical tastes and ideas just get thrown together. I don't know why things turn out the way they do. It's kind of weird."

Red Decibel is going to be putting out a CD single of the song, Godzilla, and special 10-inch vinyl extended play, screen printed on one side. Both will contain the song, Godzilla, an older song called Put Away Your Prejudice, a couple of live songs and a cover of Barracuda by Heart. There have been other bands that have covered Barracuda but Dave said he was unaware of them.

"We did it because we like it. The reason we ended up doing it is there's a pizza joint in Mankato called Polly Eyes. Most of the bands work there at some point and there is a really cool version of Barracuda in the jukebox and people play it all the time. So we decided to do it."

With most alternative bands a weird name is usually mandatory; with the Libido Boyz that's no exception.

"Well it came out with the first line-up, which I wasn't in. The singer wanted a name where no one else in the band knew what it meant, so he picked the word libido and none of the three guys knew what it meant. They decided to add boyz to the end with a "z", sort of a heavy metal thing. We don't care for the name now, but it works."

The band is planning a tour of the Eastern United States in the spring. They hope to come to Canada, but they've had quite a few problems in the past trying to get into the country.

"The only problem we have with Canada is we have a real hard time getting over the border. Our drummer has a misdemeanor on his criminal record. He stole a frozen burito from his work and it makes it really hard for us to get into Canada. One time it took us 20 minutes and they let us through and then there was the time we spent seven hours waiting and they said no."

It is hoped the Libido Boyz will make it into Canada. If they do expect them at the Opera House in Toronto in late spring. Their energetic performance, with their humor on stage, should make for an excellent show.

Hikes to celebrate 25 years

By JACQUIE BUTLER
Staff Writer

Attention, all nature lovers! 1992 is the 25th anniversary of Ontario's Bruce Trail, and the Bruce Trail Association is celebrating with a series of day-long hikes from Queenston to Tobermory.

Nine hikes, each covering 25 kilometres of the most scenic areas of each section of the Bruce Trail, are taking place over nine weekends. The hikes began at Brock University, St. Catharines, on Sunday, March 29, and will continue along the trail until Saturday, June 13, when hikers reach the cairn in Tobermory.

At the cairn, a monument built at the Head of Trails, there will be a re-enactment of the unveiling which officially marked the opening of the trail in 1967.

There is a $7 registration fee for each hike; in return, hikers receive a 25th anniversary badge and a certificate for finishing the hike. A Bruce Trail Association press release promises a special certificate to the "true fanatics" who finish all nine hikes.

Those who wish to participate in a hike should come prepared. The press release advises participants to bring their own water and food, and to layer clothing for warmth and comfort.

For more information, contact Jacqueline Winters, executive director, or Laurel Boatman, publicity chairperson, at (416) 529-6821.

Some seats may be better than others

By KIM MORPHEW
Staff Writer

When buying tickets for any musical — beware! The play may be fabulous but if you can't see it, it's not worth the money.

Victor Hugo's novel, *Les Miserables,* portrays the messages of love, hope and belief in a better tomorrow. The novel was completed in 1861 and is now a classic. It was converted into a musical with difficulty but was finally completed.

The musical is playing at the Royal Alexandra Theatre in Toronto. It opens in 1815 Digne. The character Jean Valjean has been released from prison after 19 years. After experiencing the condemnation he receives as a released convict, he decides to start fresh. A bishop helps Valjean on his journey with the gift of silver and silver candlesticks.

Eight years pass and Valjean is now the mayor and factory owner. With the new life came a new name, Monsieur Madeleine. One of the factory workers, Fantine, has an illegitimate child. After losing her job and having a series of hard times she dies, leaving her child, Cosette, to the mayor to care for.

Les Miserables shows love, hope and belief in better tomorrow.

In the meantime, a determined constable following the parole-breaking Jean Valjean says he has once again found him. Monsieur Mayor can't see an innocent jailed for his crime. He confesses.

Valjean goes to collect Cosette at an inn where she has been kept with the innkeepers. He pays the crooked innkeepers for her release and escapes to Paris.

Nine years later brings the play to 1832. The city residents are in a state of unrest, especially the poor. Valjean and his "daughter" distribute food and blankets in the poor sections of town. It is here that they are attacked. The constable still stalking Valjean rescues them without recognition.

The students of Paris hold a political meeting and decide to have a revolution. The revolution will provide exile for the escaping Valjean. A barricade is built and the students prepare to fight. With no resources available, the students are quickly defeated. Valjean is given the opportunity to kill his nemesis but instead sets him free.

Javert, the constable, is unable to understand why he was freed. In his confusion his ideas of justice are no longer valid so he commits suicide. Valjean is now free.

Cosette, now grown, marries the only surviving student from the barricade. After the wedding Cosette and her new husband go to her dying father. They learn for the first time of Cosette's history. Valjean dies joining the spirits of Fantine and the students.

The play has been at the Royal Alexandra Theatre for more than two years. Buying tickets from out of town may be done by the phone. It is convenient but a credit card number must be given when ordering. Tickets range in price from $35 to $84. If ordering tickets be specific as to where you want your seats.

After paying $84 and a service charge of $5, I purchased aisle seats. I was unimpressed to learn that, while they were aisle seats, they were located not at centre as I was told but as far right as possible. The seats extend to the right so far that the box on the lowest level is directly in front.

Les Miserables is a testament to time. It has lasted since 1861 and will probably outlive many of us: but, if going to see it, get good seats.

Instructors aided by College 101

Attention, Niagara College instructors. Want to make your classroom more inviting to students?

If you would, sign up for the Professional Development Committee's College 101 course.

The first session runs from May 31-June 2. The second session runs from June 14-16.

Thief gets away with purse, money

A small earth tone clutch purse and leather date book were stolen on Monday, April 6, from the fashion arts department at the Welland campus.

Anyone with information on these items is asked to speak to Juliette Hirtreiter in S200.

The contents include money, keys, a change purse, bank book, make-up, and a measuring tape.

Many items hold sentimental value and their return would be appreciated.

Currado experiences drama

By KAREN KRANJAC
Staff Writer

To be or not to be! That is the famous question of the theatre.

Marianne Currado of Niagara Falls experiences the constant struggle of trying to make it as an actress. A student at Brock University, she is attempting to attain honors in the drama program.

"In first year they try to make it as hard as possible to get a good mark so that they weed out those people who won't succeed," Miss Currado said.

She stressed how much work is required on and off the stage. She said some people who go into the arts are lacking something in their own lives and theatre helps them to express feelings and helps them to identify themselves.

"You and your body are the instruments, and you constantly have to be in tune and you constantly have to be working at your art in order to make it a success."

Miss Currado has started to work behind the scenes and finds it a great pleasure. She remembers that she was taught that the real artist has a need to either be on stage or to have his work displayed and, if that doesn't happen, then it is like a death.

Miss Currado finds theatre difficult because being on stage involves characterization and a person has to understand how he would react first.

"I think the purpose of theatre is to raise conscious visual awareness," Miss Currado said.

She describes a good theatre as one that will entertain and one that will make one think about the society in which the play is taking place.

"Theatre is a mirror that reflects what's happening at the time."

MARIANNE CURRADO

Brock University's theatre program emphasizes the actor getting to know his own body and how it moves in certain situations.

"Knowing your body is important wnen you act because you don't act with your head, you act with everything from your toes up. If you're trying to express a certain emotion or idea to an audience you want to make sure that your whole body feels it because the body dictates how the voice will sound."

Miss Currado works back stage as well as on stage because she feels that diversity will help her succeed. Acting is not memorizing lines, but feeling what the character feels, Miss Currado says.

"Even if you screw up a line you're still getting the meaning out because you know what you're supposed to be feeling and the key is not to panic, but just go on."

Miss Currado has a lot of energy and enthusiasm for what she's doing. She describes herself as emotional and stubborn, but others say that she is a hard act to follow.

Small effort big changes

A forum sponsored by PORT CARES Women's Committee focused on the theme that "small efforts collectively bring big changes."

Lynn Adams, organizer of the day-long event, said that although women's issues, such as domestic violence, rape, and sexism can be hard to separate and may be overwhelming when clumped together, the important thing to remember is that "collectively, things can be done."

This year's forum, held April 11 at Port Colborne High School, featured workshops on Elder Abuse, Women and Education, and Women in the Media.

History of the condom

By TAMMY PARKER
Staff Writer

Today, with the spread of AIDS on the rise, more people are using condoms. It's doubtful that anyone ever stopped to wonder about the condom's history, especially in the heat of passion.

In 1564, Fallapio, an Italian scientist, described the earliest recorded condom. He recommended a linen sheath moistened with a lotion as a guard against venereal infection.

However, the invention of the condom has been attributed to a Dr. Condom who lived in the court of Charles II. The king was surprised at the high cost of his illegitimate brood and was delighted with Dr. Condom's miraculous invention.

Dr. Condom was knighted in appreciation of his service to the Crown.

It wasn't until the 18th century people began to realize that the condom could be used to guard against pregnancy. Soon after, the condom trade flourished and throughout England there were condom shops.

English ballads and poems of the time contained references to them.

Casanova, the most famous lover of them all, is said to have sworn by the condom. The early condoms were so expensive only the upper classes could afford them

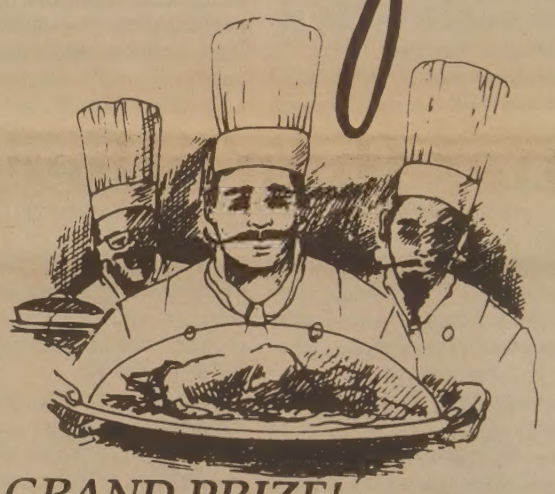
Then condoms were made from sheep membrane; now they're rubber. That's why condoms are often called rubbers.

The development of the latex process in the early 1930s made condoms less expensive and easier to make.

Since then, the condom's quality has grown. Now the condom is pre-lubricated, which increases comfort and sensitivity, and a vaginal spermicidal agent is added to the lubricant for even greater protection.

Today everyone has the option to protect against pregnancy and venereal diseases and AIDS by using a condom.

Dream Dinner for Ten



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PROFESSIONAL CHEFS ASSOCIATION OF NIAGARA

For a month, these first-year students of the Fashion Merchandising-Visual Promotions program have been working on costumes for the bi-centennial of the landing of Governor Simcoe in Niagara-on-the-Lake. From left are Stacey Bai, Georgina Seburn and Amy Tillmanns.

Photo by Troy Clarke

Fashion Arts promote bi-centennial

By SHERI GOODMAN
Staff Writer

On the Canada Day weekend a small fleet of ships will sail down the Niagara River to re-enact the arrival of the first Lieutenant-Governor of Upper Canada, John Graves Simcoe, in Niagara-on-the-Lake.

Six tall ships will sail from Toronto to Niagara-on-the-Lake on July 3 to commemorate the 200th anniversary of the arrival of the Father of Ontario.

First-year Fashion Arts students, now under the new name Fashion Merchandising-Visual Promotion, are involved in making promotional work for the celebration and the various events that will take place during the weekend.

The students have made three costumes to be worn by the chairman of the committee organizing the weekend, his wife and the real wife of the local who is playing the part of Governor Simcoe.

"We got involved because it seemed to me that it was a wonderful idea for our students to do promotional work for a real event and base a whole series of projects on the bi-centennial," said Joan Davies, co-ordinator of the fashion program.

The students have been working on their projects for a month. After meeting with the committee in charge of the celebration, they have produced hats, jewelry, crafts and costumes based on the idea of the late 1700s.

Through desktop publishing, students have made samples of letterheads, menus, dance invitations and flyers. Some students have made watercolor posters and postcards and t-shirts on the bi-centennial theme to be sold in stores in Niagara-on-the-Lake.

Ceramic figurines and jewelry made of real glass beads were made to be sold.

The students worked on all the projects for their History of Fashion and Accessory Design courses. They enjoyed working on the projects, Mrs. Davies said. Some students have jobs through the Niagara-on-the-Lake Citizens' Committee on Heritage Years, selling their products in stores.

A lot of work went into the projects, Mrs. Davies said. Each student researched his own project to make it as authentic as possible.

Some students will be making 20 other costumes for citizens in Niagara-on-the-Lake to wear for the landing of Simcoe.

Other events will take place after the landing and a parade through town to Navy Hall. There will be a march to Fort George, a musical performance, a military tactical exercise with fireworks and a contra dance on the evening of July 4. During this time, students' work will be sold at Fort George and other stores in Niagara-on-the-Lake. In the museum an exhibition will be shown on Mrs. Simcoe and a student put together a booklet to support the exhibit.

The Niagara-on-the-Lake Citizens' Committee on Ontario Heritage Years is a non-profit, volunteer organization of town citizens celebrating the 200th anniversary of the Father of Ontario, Governor Simcoe.

Continuing education meets growing need

By KATHERINE AGNEW
Staff Writer

Nobody can deny that times are changing; a constitutional crisis is threatening the country and vast unemployment is draining Canada, economically and spiritually. Consequently, education is also being transformed. Specifically, the department of Continuing Education is expanding.

Continuing Education at Niagara College is designed to meet the needs and the market of the adult student. The department, which achieved a net profit of $700,000 last year, offers courses ranging from sailing to technology. With that range, different courses are appealing to more adults. Courses that promote retraining or provide recreation. As a result, the steady climb of enrolment boasts a 20 percent growth in one year; there has been a definite trend in growth.

Foster Zanutto, the new director, credits the growth to a variety of reasons. The downturn of the economy is number one.

"Whenever there is a downturn in the economy, people invest in themselves," Mr. Zanutto said.

The program has introduced a Teaching Adult Certificate. All continuing education instructors will be required to earn one to teach. In contrast to the post-secondary student, adults are more experienced and "pragmatic". Adults don't like a lot of theory and would prefer a "hands-on approach with tangible results," Mr. Zanutto said.

The department is only anticipating improvement and growth in the future. They hope to provide more counselling and a day care/babysitting service for parents; more art and music courses and even an entrepeneurial program are current ambitions.

In an area of change and growth, continuing education can implement any programs for which there is a demand. With the possibility for gambling casinos arriving in Ontario, there will be employment opportunities. Continuing education can set up courses to train those interested.

Mr. Zanutto finds that rewarding as "the world is open to you, we are able to look and see what someone wants... and put it in place."

No one is ever too old to go back to school for retraining or even pleasure. For the reluctant adult who is discouraged by the time involved, Mr. Zanutto is fond of saying, "How old are you going to be if you don't do it?"

In a disheartened and economically discouraged country, every little bit counts.

Even if you don't need courses in technology or Word Perfect, an afternoon in the brilliant summer sun, on a sail-boat sounds pretty appealing.

Doors are opening

By KARLA SCHINDEL
Staff Writer

Staff and students of Niagara's Women Into Trades and Technology program held an open house at the St. Catharine's campus April 16.

The gathering was a chance for those taking the 18-week program to display some of their work and meet with other students before starting four weeks of work placement.

The program is designed to introduce and direct women towards employment and training in non-traditional areas such as welding, machining, carpentry, automotive, electrical and plumbing.

Paula Pepping, project co-ordinator, said the drive behind the program is to take women out of professionally traditional roles.

So far the response from employers has been good. All but two of 13 students have found a placement.

In addition to hands on job training the program provides employment skills, career planning, life skills, and development of an education or training plan.

Sandra Cusick Duerden, a career counsellor, says a lot of women come in and say, "I'd like to be a secretary." She said she tries to encourage them to be more open-minded about the information interviews which are essentially "networking with contacts to talk to a person doing the job."

Students will graduate from the program after completion of the final four weeks in job placement.-

Racism is bred by ignorance

By KIMBERLY ALBON
Staff Writer

In today's society many people find the mixing of races offensive.

To Elaine Romain, the mother of Malaika, a four-year-old Mulatto girl, "there isn't anything wrong with it as long as you can adapt to each other's cultures. A major barrier most interracial couples face is the difference in opinions. They have their customs and beliefs, and we have ours."

Elaine is a white woman who has only dated black men. Her daughter's father is black.

"Muslim customs differ concerning love, life, and beliefs. Most Muslims bring the traits they have been raised with to Canada."

In Africa it is customary for men to marry as many women as they can maintain, yet the first wife always takes precedence over the others. The men believe that women are inferior and the wife is still servant to her husband.

"The power and control within the household is held by the man," Elaine said. These beliefs can be overcome with a lot of patience and understanding, and through time, it is hoped he will accept the Canadian way of living. "You're in for the long haul."

Some people see white dating black as "white trash" and often label them as such, Elaine said.

"Prejudice will always be in the world. It's not something that will ever be overcome as long as ignorance is alive."

"People need to look beyond the color to find the real person."

Elaine experiences racism on a date with her boyfriend or on the street with her daughter. She said she overcomes the ignorance of others by "ignoring it and knowing that wherever I go I will encounter it from somebody."

"I don't accept it and I stress that Malaika or any black person has as much right to be somewhere as anyone else.

"Malaika cuts, bleeds and cries like any other child. How can anyone not see that although her skin is darker, she is still a child and hurts like anyone else?"

Elaine said she believes that her daughter will face racism while going to school, but says the situation has improved over the years. She said she feels the only way to overcome the ignorance is to have parents and teachers educate children from birth to adulthood.

"Children need to be taught that people are people no matter what background they may come from. Unless people can get over the color of someone's skin to find the real person, interracial relationships may never be accepted. Until people take the first step which is acceptance, this can never be a free and open society."

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Easter egg coloring not just for kids

By MARY LEMIEUX
Staff Writer

The children in the senior group of Niagara College's day care had a great time decorating Easter eggs last week while visiting the residents of Sunset Haven Retirement Home, Welland.

This outing is one of the many of the past year, since the day care has been involved with the Inter-Generational Program. The children at the day care and the residents of Sunset Haven get together once every six weeks to participate in different activities. Whether they are visiting a pumpkin patch, making necklaces or painting Easter eggs, the senior citizens and the children feel relaxed and comfortable around each other.

"When we first go, it's so quiet. The kids and seniors are hesitant, but when we leave it's a happier environment. Everybody gets their own thing out of it," said Darlene Mancini, an ECE teacher at Niagara College.

Early Childhood Education teacher Darlene Mancini (far right), and a volunteer from Sunset Haven Retirement Home, help the residents and the children of Niagara College's day care paint Easter eggs.
Photo by Mary Lemieux

On April 15, the second floor dining room of the retirement home was filled with happiness and excitement as the children and the seniors worked co-operatively at painting the hard-boiled eggs different colors.

The senior citizens were all smiles, happy to see the children and to have the opportunity to talk to them.

Once the colored eggs were put in the basket, it was time for a snack. In celebration of a job well done, cookies and orange juice were given to the children and the residents of the retirement home.

Everyone sat down and raised their voices in singing a few old favorite children's songs. The words and melodies of Old MacDonald and Row, Row, Row Your Boat filled the sitting lounge.

Just as it was time to say goodbye, Angelica Hildebrand, the recreationist for Sunset Haven, was presented with an Easter card. The gaily colored Easter egg was made by the children of the day care's senior group.

Pam Beck, first-year ECE student, said, "The children really enjoyed coloring Easter eggs with the seniors. They were really open to each other and everyone enjoyed the morning."

Daffodil sales for cancer

By TAMMY PARKER
Staff Writer

To most students, spring means school's almost over. But it's more than that. Spring is a time for hope. For those with cancer, hope is vital. April is the first month of spring and cancer month.

The theme of cancer month this year is, "Look What Daffodils Do".

Susan says they've raised about $5,200 in daffodil sales. "The sales were wonderful."

About 500 student volunteers sold daffodils on April 5, 6 and 7. "The daffodil is the first flower of spring and is a symbol of hope."

EA P promotes better work

By KIM MORPHEW
Staff Writer

The EAP spring forum took place Wednesday, April 15 at the Sheraton Fallsview Hotel.

The Employment Assistance Program was started at Niagara College largely by Sherri Rosen, co-ordinator for the Labor Studies Program. The fledgling Niagara chapter EAP was a personal interest of Sherri.

Niagara College formed a joint committee with management, support staff and faculty. For the first time five members of the college's internal committee attended the spring forum.

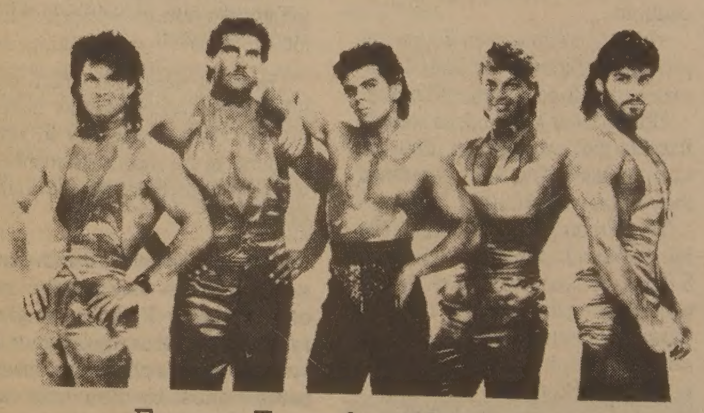
The program has many members in the Niagara area, but all those on the council are volunteers. There is a small annual fee to cover activities such as the forum. The group meets on a regular basis to discuss any new ideas and changes that need to be made.

The purpose of the forum was to promote well-being in the workplace. The well-being of a worker allows for better on the job performance. This, in turn, pays off for the employer.

Ontario has 18 local councils. There are over 900 members and they represent 600 work sites. These statistics are unique to Ontario. The goal is to provide education and training to its members. The Niagara region has member in the Seaway, Atlas Steel and hospitals.

The forum provides a chance for all members to gather and discuss any problems or ideas they may have.

Tuesday Ladies' Nite



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Tricia Steinnann, a future graduate from the Dental Assistant program at Niagara College, trims a stone model of teeth on a model trimmer in the dental lab.

Photo by Stuart Krick

Dental Assistant program boasts high placement rates

By STUART KRICK
Staff Writer

"All the students in this program will have jobs within 90 days of graduating," said Billie Atkinson, co-ordinator of the Dental Assistant program.

The students in this program had two weeks of field practice in March, and will receive another week of experience from May 11-15.

"All the students have a place to go for field practice, with some being placed in their future job site," Mrs. Atkinson said.

Eight students have full-time jobs after graduation, while the rest will have to find their own job. Mrs. Atkinson said there is a lot of potential work in this field.

Mrs. Atkinson said many of the people working as dental assistants now will be re-entering school to take Dental Hygiene in September. To enter the Dental Hygiene program, a student has to graduate from the dental assistant program and have a year's work experience.

"These returning students often seem to leave their jobs in May, to give themselves a vacation, and this gives the dental assistant graduates a chance to move into these openings," she said.

Sun and fun at YMCA day camp for children between ages 3 to 12

Camp counsellors needed

By MARY LEMIEUX
Staff Writer

To keep the children entertained, the St. Catharines YMCA has put together seven different day camps.

For ages 3-6 years, the YMCA has arranged two pre-school camps. Kinder Camp is a day camp where children can participate in arts and crafts, as well as indoor and outdoor activities. Singing songs, having naps, eating snacks, and playing games are all on the agenda. Visits from the St. Catharines Humane Society are planned.

Children ages 6-12, have more variety when choosing the day camp they want to attend. Five different camps are available to them throughout the summer months.

Timber Valley Camp is an outdoor day camp, located at Camp Wetaskiwin, the Boy Scout camp off Pelham Road, in the Shorthills Provincial Park. Children will be able to swim and hike, and have campfires on the Thursday night sleepovers.

Sports Camp will be available this year. Its purpose is to teach the children the different skills of sports, such as softball, soccer and hockey. This camp will have some co-operative games, swimming, quiet time, and outdoor activities.

When children enrol in gymnastics camp, they will have the opportunity to play on the different gymnastics equipment: the vault, the beam, and the parallel bars.

While attending Art Camp, the children will be working with different mediums, not your typical arts and crafts, not only cut and paste. Abstract materials will be used. This day camp is designed to encourage the creativity of children through different arts and crafts. Children will also have the opportunity to participate in drama.

The last camp available to children ages 6-12 is the Computer Camp. Children will learn how to use a computer program called LOGO. Nintendo championships will be held. The children will be involved in indoor activities and swimming.

All seven camps start June 29, 1992, and run until Sept. 24, 1992. They are held Monday through Friday, 8:30 a.m.-4:30 p.m. Registration costs are $85 weekly for members of the YMCA, and $90 per week for non-members.

Summer camp counselling jobs are still available, but are going fast. Resumes will still be accepted, but the directors are close to making decisions on those they will hire.

If you are interested in becoming a camp counsellor for one of these day camps, or you know a child who would like to register to attend one of the day camps, contact Maria D'Aloisa, c/o the Grantham Branch YMCA, 401 Linwell Rd., St. Catharines, Ontario, L2M 2P3.

Rock song censored

By KAREN KRANJAC
Staff Writer

"Don't censor it, speak out about it."

This was author Tim Riley's message to Niagara College students April 8 in the Secord Room.

Mr. Riley spoke to faculty and students about censorship in areas including museums, radio, record stores and music videos. The session was to help re-evaluate what freedom of speech means living in a free democracy, Mr. Riley said.

Mr. Riley, originally from Pueblo, Cal., received his bachelor's degrees in piano and English from Oberlin College and Conservatory in Ohio. He received a master's degree from the Eastman School of Music in Rochester. Mr. Riley tours North America voicing his concerns about censorship.

One concern Mr. Riley said he had is about rap music. He said Public Enemy answers racism with more racism. This rap group tries to avenge the death of Martin Luther King by killing white politicians in the video, *By the Time I Get to Arizona*.

"Their rage clouds their reasoning," Tim Riley said.

"Censorship sells."

Mr. Riley said censorship sells everything from records to children's shoes. He suggested the money used on censorship could be used in finding a cure for AIDS or other diseases. He said restrictive labels on records and movies make people curious as to why they're censored instead of regulating who the audience is.

The Madonna video, *Justify My Love*, banned from MTV because of its explicit scenes, about female dominance, is engineered to create controversy with the public, he said. This video combines shock with delight which pushes society's taboos.

Creative Quality Art showing at campus pub

By MELANIE WORONCHAK
Staff Writer

Creative Quality Design displayed 15,000 pictures and posters in After Hours April 9.

The event was a fundraiser in which a percentage of the sales were given to the Student Administrative Council.

All of the pictures and posters ranged in the price from $2-$28 unframed and $8-$52 framed.

Laura Vanderburgt set up the display for the one-day show, for Creative Quality Designs, which travels to universities and colleges in the United States and Canada. The business holds fundraisers for groups like Big Sisters.

While there were pictures from Europe and the United States, many came from Canada. Those doing the display try to deal mostly in Canadian pictures but need others to provide a variety.

Prints of famous paintings by Van Gogh, Salvador Dali and Claude Monet were to be seen. Among the posters were those of Marilyn Monroe, Albert Einstein, Pink Floyd, Jim Morrison and Jimi Hendrix.

The company, based in Aurora, Ont., purchases the frames through a Canadian manufacturer. Thursday was the first time at Niagara College and Ms. Vandenburgt said she was pleased with the turnout of students, even if they just looked.

Pictures ranged in size from 8x10 to 24x36 and prices included all taxes. In the non-smoking area of After Hours from 9 a.m. to 4 p.m. pictures and posters from baseball to ballet, even Walt Disney characters, could be viewed. Pictures of animals ranged from wolves to owls and lions.

Creative Quality Designs will be back twice next year, three days in October and again in April.

Skin cancer on rise,

Canadians cover up

By BRIAN LAFANTAISIE
Staff Writer

Every year at this time, thousands of Canadians look forward to basking in the sun. Because they've heard that too much sun may cause skin cancer, they take some precautions.

Many use sun screen with a sun protection factor of at least 15 — except on cloudy days, of course.

Others wear hats and, as soon as they've had enough sun, they get into the shade. This way, they think, they'll get a safe tan.

There's only one problem. The latest research, published in Popular Science magazine, shows there's no such thing as a safe tan. Because of sun exposure, hundreds of thousands of people in North America will be stricken with skin cancer this year, and more than 8,000 may ultimately die. Others will damage their eyes or skin. Still others will harm their immune systems, becoming more vulnerable to infections and disease.

Sun exposure, it turns out, is far more dangerous than even the experts suppose.

"We're seeing conditions primed for ozone destruction. It's in a far worse way than we thought," said Michael Kurylo of the upper atmosphere research program at NASA.

Exposing one's body to the sun is one of the riskiest things to do. Experts agree that ultraviolet rays from the sun are the chief cause of skin cancer, which accounts for one-third of all cancer in Canada.

In the 1987 treaty, developed countries agreed to cut the use of ozone-depleting chlorofluorocarbons by 50 per cent.

Canada has gone one step further by vowing to eliminate CFCs by 1997. However, the United States said it would move for complete elimination by 1995.

Environment Canada will be issuing weekly reports on ozone readings, covering east, west, and northern Canada. The report will give advice and information on current conditions and precautions which should be taken.

Ozone, a molecule which contains three oxygen atoms instead of two, occurs naturally in small amounts in the earth's stratosphere, where it absorbs ultraviolet radiation.

The potential dangers from exposure to the sun may have several consequences. Premature aging, eye damage, and a crippled immune system are three effects of constant bombardment by ultraviolet rays over the years, a Popular Science magazine article says.

Carolyn Hurst, Niagara College nurse, says students today are sun crazy, but, in time, she said she feels the pale look will be "in" again.

Some simple precautions to protect yourself from the sun's rays are: shield your eyes with UV blocking lenses; use a high screen factor 12 months a year whenever you go out; wear protective clothing and a hat, and watch for skin changes such as dark moles.

The Ministry of Health reports that skin cancer has a 98 per cent cure rate if treated early.

People who tan now, pay later. And the price they pay may be high: skin cancer, ugly aged skin, impaired vision, and a damaged immune system.

With all those risks, who needs a sun tan?

Sports

Students of the motorcycle training program, shown in Parking Lot "D", demonstrate skills at the college's open house on April 5. Free rides were offered to anyone attending.

Photo by Tanya Hvilivitzky

Motorcycle training

Get your motor running

By SHERI GOODMAN
Staff Writer

The rumbling and revving of motorcycles can be heard on a Friday night by the residents of the Woodlawn area. It isn't Hell's Angels or a dirt bike derby, it is the instructors of the Motorcycle Training program maintaining their 22 bikes.

In co-operation with the Canada Safety Council and the Ontario Safety League, the program has been offered at the college for the past 10 years through the Continuing Education Department.

Ross Savage, one of five instructors, said a lot of people don't know the college offers such a program because it doesn't get a lot of exposure.

The courses are offered on a weekend basis, Friday to Sunday, and run from the end of April to the end of August at the Welland Campus.

The course is designed to teach people to drive motorcycles safely and efficiently. There is instruction in emergency procedures and buying a bike.

"Safety is our number one concern and followed behind is fun," said Mr. Savage.

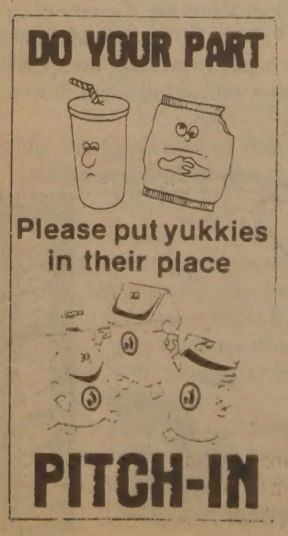
The course is for people who have never been on motorcycles or who need refresher courses on the rules of the road. "The course covers the spectrum of experienced and non-experienced riders."

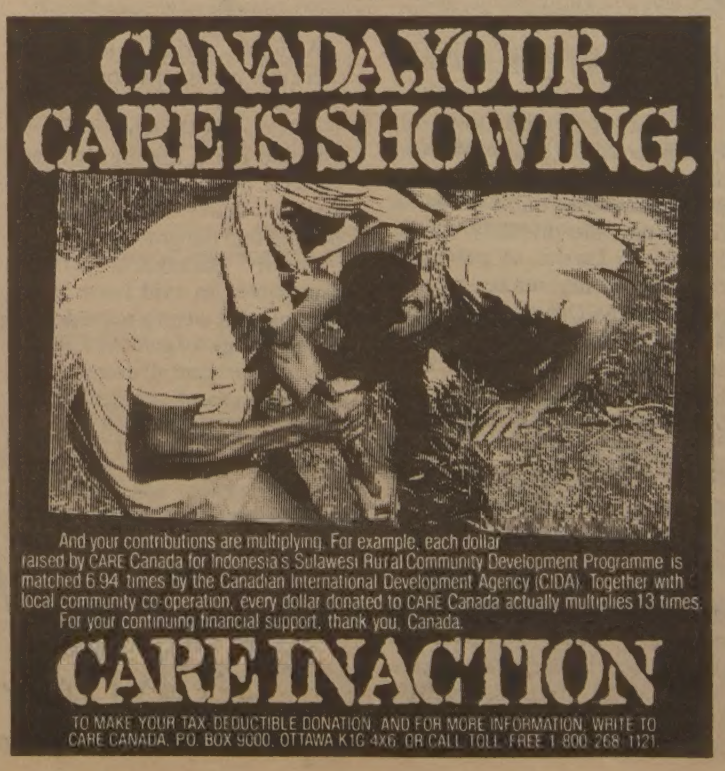
Some people who have been riding longer than Mr. Savage have taken the course and thanked him for what he taught.

The college provides the motorcycles, professional instruction, an Ontario Safety League Student Kit and a Canada Safety Council Motorcycle Rider's handbook for $205.70, including taxes.

Before starting the program, a person must have a valid "R" licence (restricted licence for motorcycles) and after the program he may be tested and receive a valid "M" licence (a motorcycle licence).

Mr. Savage is an assistant welding and small engines teacher for the Halton Board of Education during the winter; in the summer he teaches for the motorcycle program.

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Canadian amateur golfer hopes to putt for dough on tour

By DARREN ESAU
Staff Writer

How does an aspiring young golfer eventually make it big on the Professional Golf Association Tour?

"Have your dad build you a golf course," says Kris Warkentin, an 18-year-old graduate of Eden Christian College, Niagara-on-the-Lake.

Kris decided to take up golf seriously about five years ago, only when he learned that his father Peter was planning on literally building a golf course in their own back yard.

Eighteen-hole, par-72, Rockway Glen Golf and Country Club on Ninth Street, St. Catharines, officially opened last spring and Kris has been honing his skills on it every day, weather permitting.

Kris has his sights set on a professional golf career, but dreams, too, about eventually buying his own course, preferably in Florida, and running it full-time.

The Golf Pro Association of Ontario, which is open to anyone who owns and runs a golf course, holds about 10 tournaments a year throughout the province. Kris knows that playing in and winning these tournaments is great exposure to be recognized and asked to take part in qualifying events for PGA tournaments.

Kris dreams about playing in the same foursome as some of the great players he watches weekly on television.

However, there is no golfer that Kris admires more than 33-year-old Paul Azinger. Kris first started taking notice of him when he learned that Azinger was a born-again Christian.

"Aside from his Christian commitment, I also really admire his intense determination and will to win," Kris says. "He wasn't an immediate star. In college he wasn't even good enough to make the school team. So he got people to sponsor him to enter a golf qualifying school where he eventually make the cut and began his professional career."

Kris doesn't expect the road to the PGA to be an easy one for him either, but he has had some qualified instructors teaching him the finer points of the game.

Tony Evershed, who, just a few years ago, was one shot away from qualifying for a PGA event and who is the golf pro at Rockway Glen, has been working overtime with Kris, trying to fine tune his game.

Although Kris takes golf seriously, he does have time to lighten up on the links once in a while.

Last summer Rockway Glen held a celebrity golf tournament which involved past and present members of the Buffalo Sabres. The definite highlight for Kris was that he got to golf with Sabres' star Alexander Mogilny.

Kris says, "Although I couldn't understand the Russian too well, and he's not much of a golfer, he's still one of the funniest guys I've ever met."

Ironically, Kris admits to being a converted Buffalo Sabres fan because of that golf tournament.

Being involved in more than a few tournaments in the past couple years has given Kris a taste of his competition. Last summer he won his first tournament by shooting a 71 on a par 72 course. He has impressive second, third and fifth place finishes.

The Warkentins, who, during the winter, rent a condominium in Titusville, Florida, try to make at least one trip there annually.

"The golf courses down there are unbelievable," Kris says. "It's nothing like we ever get to play on up here."

He claims that the best course he's ever played on was Royal Oak, winter home of the Canadian PGA.

Without a doubt, Kris Warkentin will eventually be one of the best golfers in Ontario. Judging by his progress in just over five years of serious golf, he may even be playing with the big hitters of the PGA Tour not too far down the road.

Recycling mess

Students' aim not as good as it should be at recycling bin

By JO-ANNE CASHABACK
Staff Writer

Does the sight of rotten food and garbage on working hands seem pleasant? Well if you're on the Niagara College Enviro Team, believe me, they do not think it's a pleasant job.

Recycling has become an important part of today's society. Students, teachers and other members take active part of the program daily at Niagara College. But some students have been neglecting the importance of recycling and are throwing garbage in the paper and can and bottle bins.

The garbage is creating contamination and sometimes recycling goods are rejected by the recycling company because of the enormous amounts of contamination.

Jon Ogryzlo, general manager of the centre for environmental training and chairman of the Niagara College Enviro Team, said they are trying to show the importance of recycling to students with better signs to catch the eye. Other ways will be through awareness campaigns and advising new students in September.

"The more they are aware of the environment, the better we can help the problem," Jon said. "I think a lot of students are really putting an effort."

Students should take responsibility and help the environment and people on the Enviro Team who have to sort the rotten food and garbage, he said. Students are helping themselves by saving the environment from too much waste. Some may not think of it as a serious problem, but it is.

Sports

Lifeguard's job not all fun 'n games

Stereotype inaccurate

By DUNCAN WARRENER
Staff Writer

Most people picture lifeguards to be well muscled, good looking, and tanned a deep brown. This isn't always the case. I mean look at me, I don't have my tan yet.

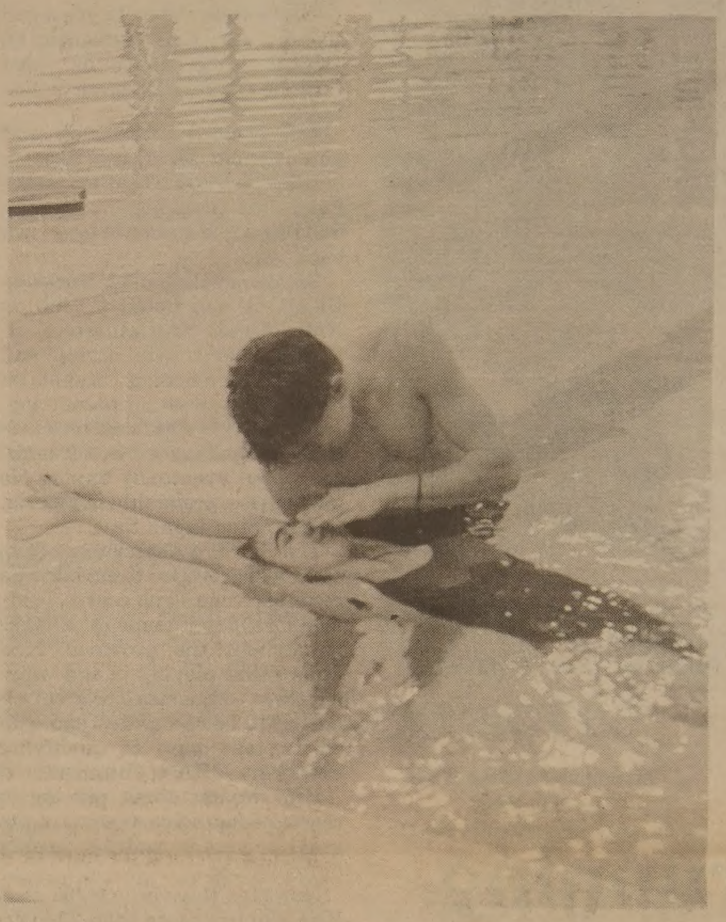
All kidding aside though, lifeguarding is hard work, not just fun in the sun.

If you enjoy swimming, becoming a lifeguard might be an logical progression for you. Of course, the reasons vary for everyone. Some become lifeguards because of the image; others had parents make them do it. I hated swimming lessons when I was young. I began to take them again when I was older and found that I liked them. Lifeguarding was another challenge after finishing all of the badges.

The Royal Life Saving Society Canada has been teaching lifesavers and lifeguards since 1896. Most community pools offer Society classes several times a year. They usually cost between $30 and $60 and run for 10 lessons.

Don't think that you'll be able to be a lifeguard just like that, though, it takes some time. Oh, I sure hope you can swim, and like doing it for long distances. After all, lifeguards have to be able to swim, there's no one going to be looking out for them.

After you've worked your way through the grueling, monotonous lengths, done thousands of rescues and performed rescue breathing until your lungs turn blue, you can look forward to working with the best people in the whole world. Lifeguards make the best friends because they are usually highly motivated individuals with a great sense of humor. You couldn't be any safer either, walking around with large numbers of people armed with lifesaving knowledge.



Lifeguards from the Simcoe Recreation Centre pool practise skills regularly to stay current with rescue techniques. Lifeguarding certification is offered by the Royal Life Saving Society Canada at community pools across Canada.
Photo by Duncan Warrener

Being a lifeguard takes a great deal of responsibility. Dealing with the protection of people's lives is serious business. All of the hard work is worth it, seeing a small child learn how to swim. So, if you think that you can keep your head above water, come out to give it a try. All you can do is sink or swim!

Niagara icers to enter new league next year

By PETER KOZELA
By Staff Writer

Niagara College's men's hockey team will play in the Ontario College Athletic Association Division I. Joining Niagara in the OCAA will be Conestoga from Kitchener, Sir Sanford Fleming who will ice two teams, one from Lindsay and one from Peterborough, and Seneca from Toronto.

The OCAA may encompass four more colleges: Cambrian from Sudbury, Northern from Haileybury, St. Lawrence from Brockville, and Algonquin from Ottawa.

The new league will begin playing in September 1992. They will play a 16-game schedule with the top four teams advancing to the playoffs with a single-game elimination format.

The decision was made at an OCAA meeting April 7 in Timmins. Niagara College was represented by athletic co-ordinator Peter Rylander.

"It should be a good league," Knights coach Fred Bassi said. "There will be no easy games. We are going to have to work hard every game. There are some good teams in the OCAA."

Mr. Bassi said he was not sure whether the OCAA will implement the use of a full or half face mask.

"I think we can hold our own in this new league. The competition will be intense. The travelling will be good."

Kentucky Derby

It's mint julep time as run for roses nears

By RICHARD KINZEL
Staff Writer

Down the stretch they will come May 2 for the running of the 118th Kentucky Derby. The sound of the crowd singing My Old Kentucky Home can almost be heard. Winter running and prep races are just about over. Trainers, owners and jockeys are making final preparations for the run for the roses.

The favorite this year is AP Indy, a horse with a fast name and superb blood lines. He is a half-brother of 1990 Preakness winner Summer Squall, his father is Seattle Slew and his mother is the daughter of 1973 triple crown winner Secratariat. AP Indy has a five-race winning streak with the last win coming at Santa Anita April 4.

Bertrando placed second at Santa Anita and is headed to Louisville. He led all the way but slowed in the stretch run before losing by 1 3/4 lengths. Casual Lies, another derby contender, finished third by a neck.

D. Wayne Lukas, super trainer, has had at least one horse in the derby since 1981. This year he brings Hickman Creek, fourth at Santa Anita, to the party.

The early favorite for the derby is Arazi. He had a big win at last year's Breeders' Cup. He has only one race before the derby. Arazi is trying to make a come back after having double knee surgery.

Other horses that could be in the winner's circle in Louisville include Technology, Dance Floor, and DJ Cat.

For the horse racing fan the stretch run at Churchill Downs is a special moment. A moment that accelerates the heartbeat and dampens the hands. The Kentucky Derby is like the seventh game of the World Series, the Superbowl with the history, and the ambiance of The Masters.

Harness racing attracts special breed

By KAREN KRANJAC
Staff Writer

Anxiety and tension builds as an amateur gambler — me — enters the gate to Flamboro Downs. Betting on horses may be risky but all senses are lost to the excitement of the new experience. The surroundings are foreign except the scents of popcorn and hamburgers which seem to reach the nostrils of everyone in the stands.

The stands are enclosed by glass to shelter the many faithful fans from the cold winter months. I found a much desired need for shelter in the stands. My first, and most difficult task, was to try to figure out the program, since I didn't understand anything, except the names of the horses. This is when I met Len Losier of Brampton.

Mr. Losier has been attending the races weekly for many years and his help at this point was greatly appreciated. He is an older man of medium build and greying at the temples. He was happy to see that perhaps the sport of harness racing was drawing younger fans.

"Every track needs new and younger fans to keep it going," Mr. Losier said.

This sport seems to be dying more every week as the recession deepens since people are increasingly reluctant to gamble with their money. Fewer people attend the races because it is often seen as costing too much. But, in reality, it costs just as much as a traditional night at the movies, Mr. Losier said.

For many people it is a business, but for some it's an addiction which doesn't fade easily.

"For me, it's a form of entertainment because I'm retired and I enjoy getting out once in a while by myself," Mr. Losier said. There are many employees from the track who spend their pay cheques on betting, but it is to be expected from any form of gambling, not just harness racing, he said.

Mr. Losier visits, not only Flamboro Downs but, the Mohawk and Greenwood tracks. The differences between the tracks is whether or not they are privately owned. Flamboro Downs is privately owned which may not be a positive point. It doesn't have a look of legitimacy because employees' horses are allowed to race. When the track is privately owned the prices tend to be higher than they should be.

Some people feel that winning is only luck, but others don't. Bets are placed using birthdates, license plate numbers or even lucky numbers.

"I pick the same numbers every time and it doesn't matter what the odds are," Mr. Losier said. Of course, there is the chance of coming out ahead, Mr. Losier said. He made a $6,000 profit the year before.

Anticipation rises at the start of every race in hope that some money will be won. A few enthusiastic fans line along the fence which circles the track, hoping that their cheering will be heard by the drivers over the heavy sound of hooves beating into the ground.

Carol Dickinson of St. Catharines, an avid horse racing fan, said that when a horse doesn't come through for gamblers obscenities may be heard all over the track. Since the crowd is older the vulgarity is not accepted readily and this may be a reason for the drop in attendance, she said.

It was an exciting night that must be experienced for a person to understand what gambling at the race track is all about. Even for an amateur there are friendly people like Len Losier who would be more than happy to promote the sport by helping with any difficulties which arise.

It may be safe to say that addiction is minimal for a newcomer.

Sports

Security provided and money collected

For the second year in a row, Law and Security students offered their assistance to the Welland Minor Hockey Association. About 30 students provided security and collected money at the gates at the arena from October to January. Here, WMHA treasurer Ed Zanetti presents law and security instructor Heather Hodgson with an honorarium cheque for $1,000, to be used for program-related equipment. From left to right are Mr. Zanetti, second-year student Brent Todd, Mrs. Hodgson, and second-year student Norm Berard.

Photo by Kari Chwieczak

Hockey League players' union finally accepts bargaining offer

By FRANK IUDICIANI
Staff Writer

The National Hockey League strike finally came to an end at midnight on Friday, April 10, but there is still one question that has yet to be answered. Who actually won the strike?

After 10 days of off-and-on negotiations between Bob Goodenow, NHL Players' Association executive, and John Ziegler, league president, a clear cut winner has yet to be determined. The players' union made big strides on issues such as pension money, medical plans, trading card money and playoff revenues.

On the other hand, the owners will have four more games to collect extra revenue as the season is being extended to 84 games from the present 80-game schedule. The owners didn't lose much in terms of free agency or the entry draft.

The situation looked bleak on Friday but the presence of Wayne Gretzky and Mark Messier ultimately made the difference. Their presence is usually felt on the ice but was evident in the board rooms as they encouraged the talks to continue.

Gretzky's efforts eventually saved this NHL season and playoffs but, most importantly, he reinstated his love for the game to the fans. Don Cherry put it best when he said that Gretzky could have stayed out in "La La Land" and let the union battle the owners, but he had enough common sense to realize the NHL couldn't afford to lose the playoffs or the fans' support.

Stuart Krick, first-year Journalism-Print student, said the players came out victorious because they now have the respect of the owners. "The owners now realize they are no longer the kings." He is not in favor of a longer season as there are too many games now and not enough teams are eliminated from post-season play.

Jim Thorpe, first-year Manufacturing Engineering student, said both sides got what they wanted, but a lot of things must still be resolved. He thinks the 84-game schedule will be good for the owners but bad for the fans. "There are too many games played during the regular season and not enough teams are eliminated."

Bill Kimonos, first-year Business Administration student, said both the players and owners were winners. "The players are playing hockey and the owners aren't losing any more money." He said he thinks the players are holding a grudge against the owners and will strike again once the contract is up in September of 1993. His view on the 84-game schedule was "it won't hurt anyone."

John Mulligan, first-year General College student, said each side gained a little and lost a little. He said he believes Gretzky influenced the negotiating committee into settling the strike. "Gretzky is the best representative for the game. He is the man."

NBA play-off picture starting to develop

By RICHARD KINZEL
Staff Writer

One of the longest pro sports season is coming to an end. The National Basketball Association playoff picture is starting to develop.

There is no doubt the team to beat this year was the team to beat all year. The defending champion Chicago Bulls are the favorite in the Eastern conference. Michael Jordan is looking to soar to legend status by winning two consecutive titles.

Michael Jordan is looking to soar to legend status by winning two consecutive titles

Waiting for the Bulls to stumble are the Cleveland Cavaliers. The Cavs resemble the Bulls of a few years back — a team on the rise looking to make a playoff impression by upsetting the favorite. Cleveland has been chasing Chicago all year but just couldn't catch them.

The turn around team of the year is the New York Knicks. After missing the playoffs last year, management made a commitment to return by signing former Laker coach Pat Riley. This proved to be a good move as the Knicks led the Atlantic Division for most of the year before losing the title to the Boston Celtics.

The staple of the playoffs is the Celtics. This team could give Chicago a tough time if veterans Kevin Mchale, Robert Parish, and Larry Bird can stay healthy. The Celtics are carrying confidence after beating Chicago in their last regular season meeting.

The most dangerous team in the hunt is the Detroit Pistons. Team leader Isiah Thomas said they have a chip on their shoulders once again. With the right attitude the bad boys of the league could reach the top again.

The last two playoff invitations in the east go to the New Jersey Nets and the Miami Heat. Miami makes their first ever playoff appearance.

The battle for the last playoff spot in the Western Conference was between two teams. The Lakers beat out the Houston Rockets on a last second shot in overtime against the LA Clippers. The Lakers are trying to avoid a total collapse after a season filled with turmoil and injuries.

The new attraction in LA is the Clippers. Coach Larry Brown led the Clippers to their first playoff appearance since the San Diego Clippers days.

The position of playoff favorite in the west has not been claimed yet. The Portland Trail Blazers have the best record and could well be the west representative in the finals.

The Utah Jazz are putting their hopes on Olympians John Stockton and Karl Malone. The San Antonio Spurs could make it to the finals if they can get by the first round without star centre David Robinson. The Golden State Warriors with Chris Mullin and Tim Hardaway claim the second seed and are a top contender. The Phoenix Suns and Seattle Supersonics have already claimed the other two western playoff spots.

The Eastern Conference looks like the easier conference to pick while the west has several teams that have a legitimate shot. The team that gets hot at the right time will come out of the west while the team that gets hot in the east may not be hot enough to deny the Bulls a second title.

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CLASSIFIED

College honors health sciences volunteers

By KIM MORPHEW
Staff Writer

Health sciences advisory committee members were shown the college's appreciation Wednesday, April 15. A dinner was held at the Hospitality and Tourism Centre and 25th year anniversary pins were given to all members.

Dan Patterson, vice-president of ventures, said, "The advisory system is crucial to our success." Health sciences and health care have been around but ventures is new; it's only been around 14 months. "Partnership is key to our success." The college must work with the provincial and federal government to access available resources. Niagara College is working with the community to re-educate displaced workers due to plant closures.

Foster Zanutto, director of continuing education, said it is important to have professionals from the workplace to assist in the program. John Saso, college president, said, "You are our unsung heroes that help us keep current."

Larry Naftulin, CEO of the Niagara College Foundation, gave a briefing to the assembly about the Master Plan which envisions many physical changes with academic restructuring. Mr. Naftulin said some of the changes could be completed in time for the fall term.

The changes foreseen for the college include reducing the facility area and utilizing what is left more efficiently. One goal of the plan is to consolidate into three main campuses in Welland, St. Catharines, and Niagara Falls. Advisory members were given the chance to criticize, suggest, or ask questions about the plan.

Mr. Saso and Mr. Naftulin said the plan was not written in stone. Many of the suggested changes will be altered if better ideas arise.

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Woman reflects on Great Depression

By KIMBERLY SHEPPARD
Staff Writer

Can you imagine waking up with snow on your bed in the morning? Or maybe learning to can about 500 fruits and veggies?

Even though the Niagara Region is one of the hardest hit areas since the recession started, few people can relate to what had to be done during the Depression years of the 1930s.

The difference between a recession and a Depression is that there is still money exchanging hands in a recession. People may still go to buy vegetables. During the Depression there was no money anywhere. Alice Roberts was one of the many who did anything and everything to survive the Depression.

Alice Jane Stonebridge was born in May 1918. She moved to Midland, a small town on Georgian Bay, with her grandmother when she was young. There she met and married Charles Roberts in 1936.

The Depression was a result of the 1929 Stock Market crash and lasted through an entire decade until the Second World War started and gave the economy the boost it needed.

By 1939, when Canada entered the war, Alice had three children, two boys and one girl. She remembers wondering what she would feed them from one day to the next. She remembers trying to clothe them.

"I went to the Salvation Army and bought one big coat, brought it home, ripped it apart and made two coats for my boys."

Work was hard to come by in the '30s and men would sweep streets just to have a job. In Midland, an assistance program was implemented to help the people survive. A cash relief system was introduced May 15, 1935. Five months after the relief program was in effect a survey was done. Midland placed second in Ontario for relief payments; $90,110 was paid to help the townspeople.

"Charles was one of the lucky ones, he was never out of work, except if it was seasonal." If there was work, the men worked, even if it was out of the area.

A word used quite commonly today when referring to unemployment insurance is pogey. Most people who use it probably don't even know where it came from. A type of unemployment insurance, instituted during the Depression, was in the form of a voucher. The only way to receive this voucher was to work for no pay, doing anything there was to do. Charles and his family received pogey for a short time.

When the Roberts family was receiving it, pogey started at $11 every two weeks, and the town paid the rent and bills. It supplied one cord of wood a month in the winter. The pogey voucher was not cash or a cheque, it was non-negotiable except at the general store in exchange for groceries.

When Charles and Alice were first married they lived in an apartment that consisted of a livingroom/bedroom combined with an eat-in kitchen for $5 a month. Charles worked at the Midland Dairy for a dollar a day, seven days a week.

In the winter of 1938, not being able to pay the rent, they moved into a barn. By this time Alice had a son who was a year old, and a boy who had been born in May. They put up grey tarpaper to keep out the cold. There was no electricity, only an oil lamp and one wood stove. Their bed was in the hay loft, and when the wind blew the snow under the eaves the family would wake up with snow on their quilt. They only stayed one winter.

Food had started being rationed just before war broke out. Families had to make things stretch. Sugar, butter and one other item that Alice can't recall, were rationed. Families of the Roberts' size were allowed one pound of butter and one pound of sugar a week.

"It wasn't like we had money to run to the store and pick up what we needed."

To make butter last, women came up with some inventive recipes. Alice recalls mixing the pound of butter with half a can of Carnation milk and one egg. The mixture is to make about two pounds. Margarine was introduced into society during this time. The first margarine was white and came in a plastic bag with a little package of yellow coloring. The coloring was kneaded into the margarine and served that way.

Everyone grew his own fruits and vegetables and spent all summer canning them for the winter.

"I used to can 365 jars of jams and pickles, one for every day of the year. On top of that I canned about 500 jars of fruits and vegetables."

This was done in every home so no one felt that he was hard done by.

' It wasn't like we had money to run to the store and pick up what we needed.'

"The average person, your neighbor, was just like you."

By about 1943-44 food was solowly becoming more readily available; this, of course, was close to the end of the Second World War.

When war hit, Midland really picked up. A shipyard that built corvettes for the navy, employed almost everyone in the town, even women. The women who worked there became known as Rosey Riveters. About one-third of the eligible men in Midland went to war.

When war was officially declared over, the atmosphere in Midland, and probably everywhere else, was that of sheer joy, everyone was ecstatic. Alice remembers the mobile Red Cross unit being driven up and down the main street with big banners which read, "No More Blood, the War is Over." The ships in the harbor blew their whistles, people ran up and down the streets, total chaos, but for a good reason.

When people talk about the "good old days," they usually skip over the Depression. There was nothing about it that was good. Alice Roberts was there and lived through the Dirty Thirties and she still doesn't know how she made it.

"I didn't think I would live through it, or my children either."

The Depression was a terrible time in the lives of those who lived it, but some positive feelings do remain in the memories of those years.

"I think people were friendlier through those years, we all pulled together," Alice said.

Student lands Ministry job

By SAMANTHA MAGILL
Staff Writer

Jo-Ann Kinnear, office administration executive student , was placed at the Ministry of Consumer and Commercial Relations as an administrative assistant, because of jobs done well by five college marketing students.

The five marketing students, Elisa Capobianco, Jamie Heath, Leeanne Hurley, Nancy Kumar, and Nadine Phillips, were the second set of students to finish the May-to-December term at the ministry. The program gave the marketing students experience using their communication, adminstration, and marketing skills.

The work assignments covered many job activities including consumer inquiries, complaints and adminstration operations. Other branches the students were involved in included the United Way and the Federated Health campaigns.

"Niagara College is the school we deal with because we have a past relationship and past experience with the students from there. MCCR is always very pleased with the enthusiasm and willingness to learn students show who come from Niagara College."

When a position opened for an administration student, the college was called first.

St. Catharines mayor honors college student

By KARLA SCHINDEL
Staff Writer

A Niagara College student will be honored by St. Catharines Mayor Joe McCaffery for volunteer work with the the Big Brothers Association.

Rick Carriere, a hospital orderly student at Mount Carmel in Niagara Falls, will be recognized for two years of volunteer work at the annual Volunteer Recogniton Reception given by the City of St. Catharines.

Mayor McCaffery will present certificates to volunteers from various organizations for their contributions to the community.

"Volunteers are a necessity in the city of St. Catharines, so I have to stop and say thank God for Big Brothers. I take my hat off to them."

The mayor said Big Brothers are relied upon to help some of those less fortunate children to grow and become "good members of the community."

Rick said he will accept the award on behalf of all Big Brothers.

"They should all be recognized. I don't do anything special. My little guy just needs more and I can help him more than others could."

Rick said the Big Brothers Association is always looking for new volunteers and encourages others to get involved.

Rick will receive his award April 22 at the Parkway Inn, St. Catharines.

Visual arts has designs on illustrations and animation

By ROGER STROOP
Staff Writer

Visual arts. This term brings to mind painting, drawing and sculpture. Therefore, you might assume that this is all that the college's Visual Arts program teaches.

Not so, says Ken Cosgrove, visual arts and design co-ordinator.

The program places emphasis on the design aspect of visual arts. Its main objective, according to Mr. Cosgrove, is to turn out highly skilled technicians for fields ranging from technical illustration to interior design to animation.

A designer is a person who comes up with an idea and turns it into a concrete reality, Mr. Cosgrove said. He designs things such as product packaging, typefaces, pens, and just about anything else.

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April 24, 1992.

To the College Community:

On behalf of the Board of Governors, I would like to take this opportunity to congratulate all graduating students on the successful completion of your programs at Niagara College and to wish you well in your future endeavours. We hope you will return to your Alma Mater frequently to renew friendships as an Alumni member, to participate on advisory committees, and even to take further courses and seminars with us.

Our congratulations also go out to the undergraduates as you complete this year of study. We look forward to your return to the College in September to work towards your graduation.

The Board also wishes to extend sincere appreciation to the faculty, administrative and support staffs for helping us to successfully complete the year. The extra efforts of our employees working together have made it possible for the College to serve its many clients well.

Thank you all and best wishes for a pleasant summer.

Sincerely yours,

Bernard Baril,
Chair,
Board of Governors.